

DOCUMENT RESUME

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TITLE Cuaderno de Recetas Ilustradas para Jovenes con Impedimentos--Para Estudiantes con Impedimentos Leves v Moderados (Notebook of Illustrated Recipes for Youth with Disabilities--For Students with Light and Moderate Disabilities).

INSTITUTION Puerto Rico State Dept. of Education, Hato Rey. Office of Special Education.

PUB DATE 90

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PUB TYPE Guides - Classroom Use - Teaching Guides (For Teacher) (052)

LANGUAGE Spanish

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DESCRIPTORS *Cooking Instruction; *Disabilities; Elementary Secondary Education; Nutrition Instruction; *Reading Difficulties; Resource Materials; Safety; Special Education

IDENTIFIERS Cook Books; Food Preparation; *Puerto Rico; *Recipes (Food)

ABSTRACT

This collection of recipes has been prepared with attention to the needs of students with disabilities who lack reading skills sufficient to be able to use ordinary cookbooks. Presentation in this illustrated form helps them understand the processes of food preparation as it introduces a basic culinary vocabulary. The teacher can use this collection as a complement to courses in nutrition and food preparation, taking into account the abilities of the student. Illustrated units contain information on: (1) culinary terms, (2) food groups, (3) accident prevention, (4) cooking utensils, (5) table service, (6) measurement, (7) menus, and (8) recipes for various categories of food. (SLD)

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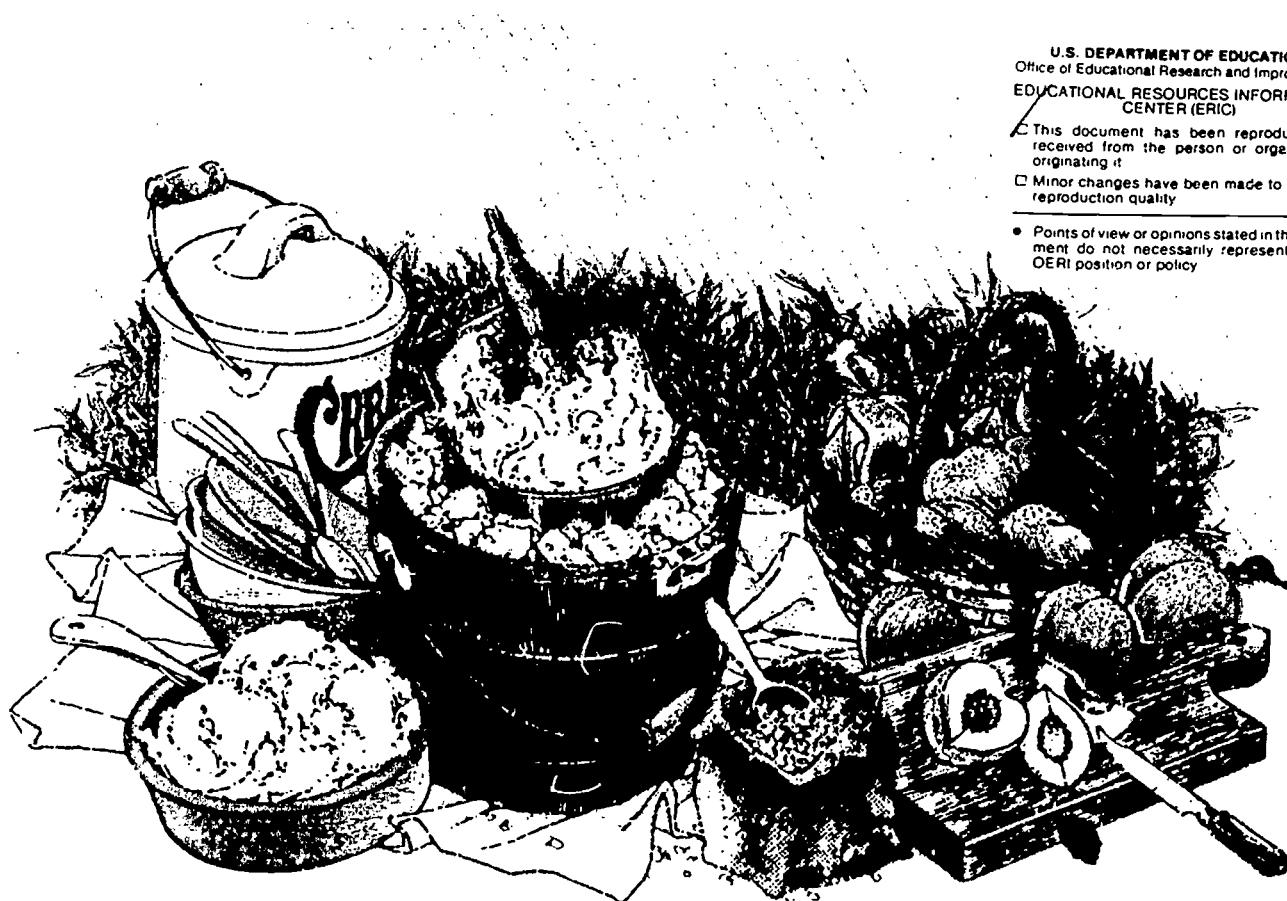
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CUADERNO DE RECETAS ILUSTRADAS PARA JÓVENES CON IMPEDIMENTOS

(PARA ESTUDIANTES CON IMPEDIMENTOS LEVES Y MODERADOS)



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1990

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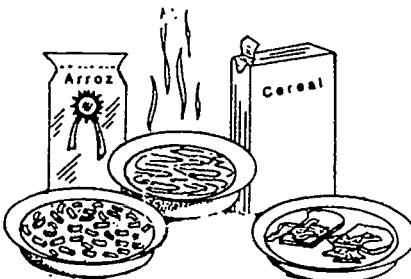
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Impreso en Puerto Rico – Printed in Puerto Rico**

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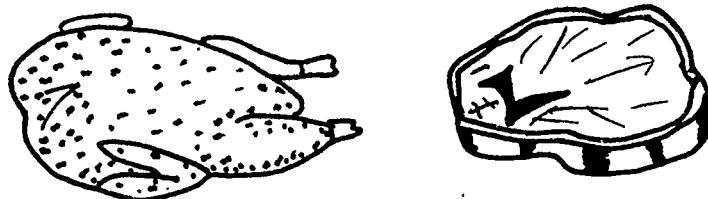
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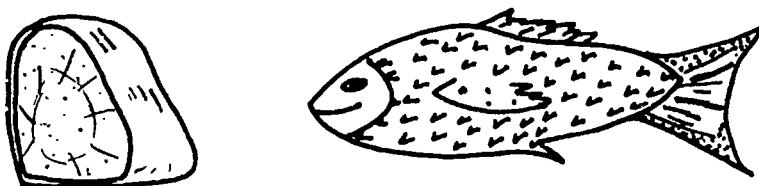
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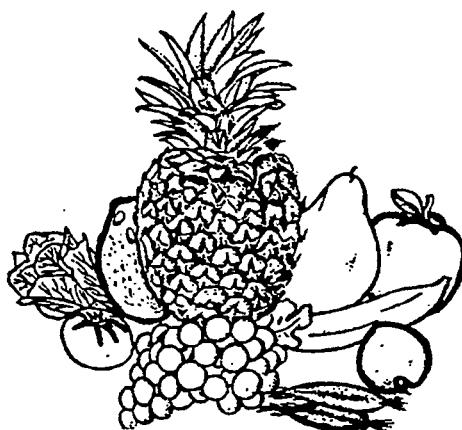
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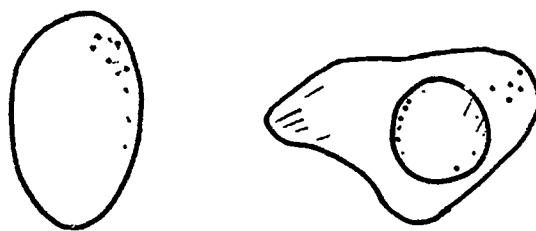
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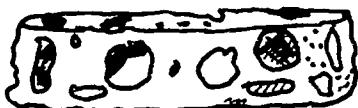


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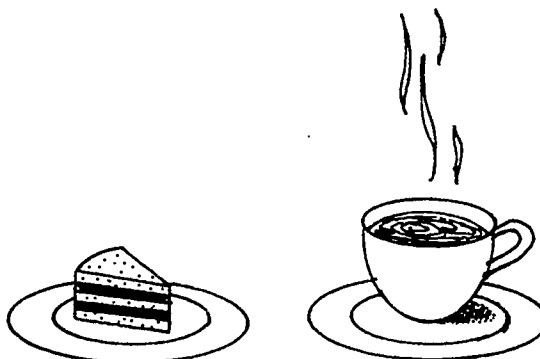


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INTRODUCCIÓN

ESTE MATERIAL CONSTA DE UNA SERIE DE RECETAS ILUSTRADAS SOBRE LA CONFECCIÓN Y SERVICIO DE ALIMENTOS.

SE HA PREPARADO EN ATENCIÓN A LAS NECESIDADES DE ESTUDIANTES CON IMPEDIMENTOS QUE CARECEN DE DESTREZAS DE LECTURA APROPIADAS PARA COMPRENDER LOS LIBROS DE RECETAS COMUNES. LA PRESENTACIÓN DE ÉSTE EN FORMA VISUAL LE AYUDARÁ A COMPRENDER EL PROCESO DE PREPARACIÓN DE RECETAS. EL MISMO, INTRODUCE TAMBIÉN, UN VOCABULARIO BÁSICO, QUE FACILITARÁ AL ESTUDIANTE EL DESEMPEÑO DE TAREAS CULINARIAS, ASÍ COMO LA COMUNICACIÓN RELACIONADA CON ESTE TEMA, CON PROPIEDAD Y CORRECCIÓN.

SE INCLUYE MATERIAL ILUSTRADO SOBRE LOS GRUPOS DE ALIMENTOS, UTENSILIOS DE COCINA, LA PREVENCIÓN DE ACCIDENTES, RECETAS DE PLATOS ESPECIALES Y ALIMENTOS DE FÁCIL PREPARACIÓN.

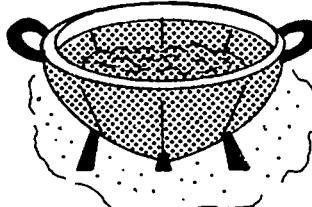
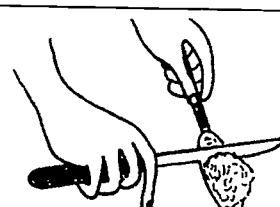
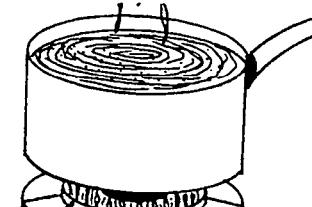
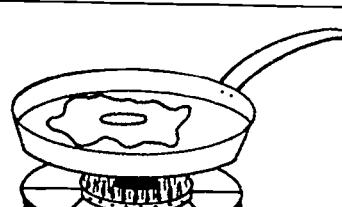
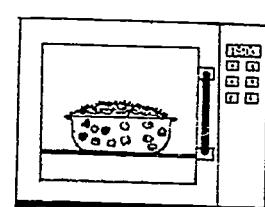
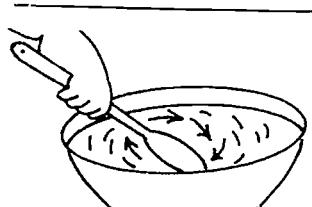
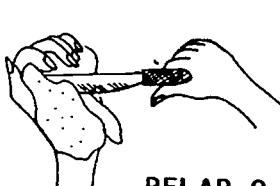
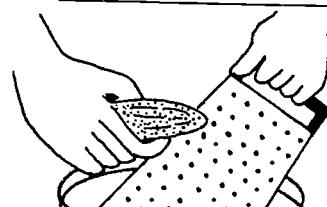
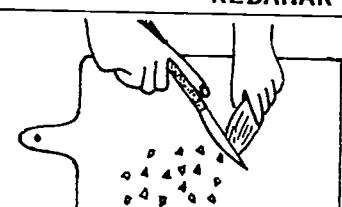
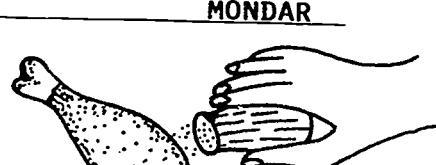
EL MAESTRO UTILIZARÁ ESTE CUADERNO COMO AYUDA COMPLEMENTARIA EN LOS CURSOS DE NUTRICIÓN Y PREPARACIÓN DE ALIMENTOS. DEBERÁ CONSIDERAR LAS LIMITACIONES DEL ESTUDIANTE AL UTILIZAR ESTE CONTENIDO Y SERÁ UNA OPCIÓN INCLUIR OTRO MATERIAL DE FÁCIL COMPRENSIÓN PARA AQUELLOS ESTUDIANTES QUE LO REQUIERAN.

RECOMENDAMOS LA UTILIZACIÓN DE MATERIALES CONCRETOS Y SEMI-CONCRETOS PREVIO A LA PRÁCTICA REAL. CONFIAMOS EN QUE ESTE MATERIAL SEA UNA HERRAMIENTA MÁS QUE ROMPA BARRERAS PARA EL DISFRUTE DE EXPERIENCIAS DEL DIARIO VIVIR, PROVEYENDO CONOCIMIENTOS Y DESTREZAS QUE AYUDARÁN A NUESTROS ESTUDIANTES CON IMPEDIMENTOS A VIVIR UNA VIDA MÁS PRODUCTIVA.

RECONOCIMIENTO

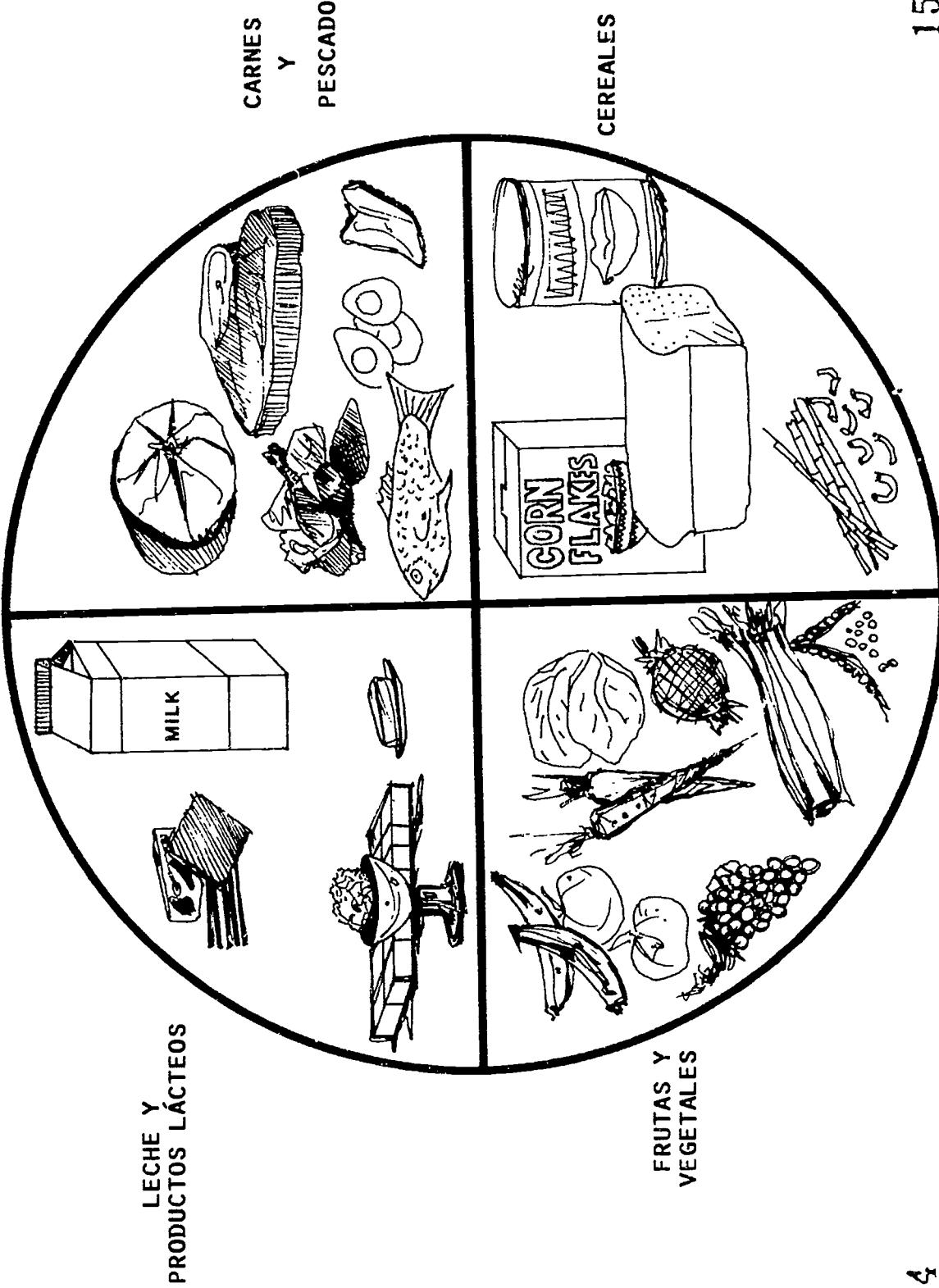
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RECONOCE Y AGRADECE A LA SRA. NORMA I. SANTIAGO POR
SU DILIGENCIA EN MECANOGRAFIAR ESTE CUADERNO.

TÉRMINOS CULINARIOS

		
ESCURRIR	MEDIR EN CUCHARAS	MEDIR EN TAZAS
		
HERVIR	FREIR	HORNEAR
		
MEZCLAR	REBANAR	PELAR O MONDAR
		
GUALLAR O RAYAR	PICAR	SAZONAR O ADOBAR
		
FUEGO ALTO	FUEGO MODERADO	FUEGO BAJO O LENTO

GRUPOS DE ALIMENTOS

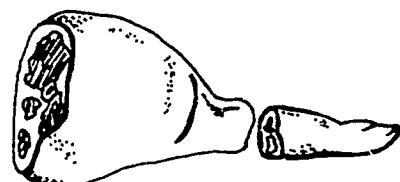
LA RUEDA DE ALIMENTOS



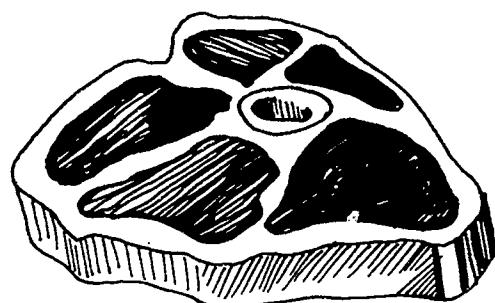
LAS CARNES Y PESCADO



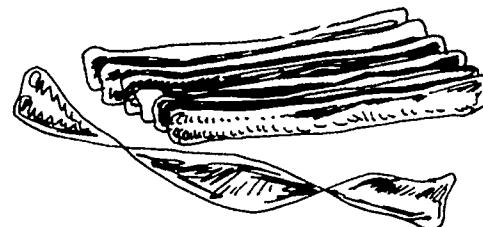
PERROS CALIENTES O "HOT DOGS"



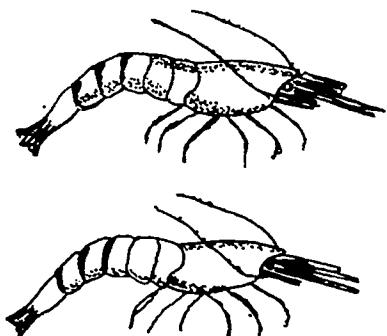
JAMON



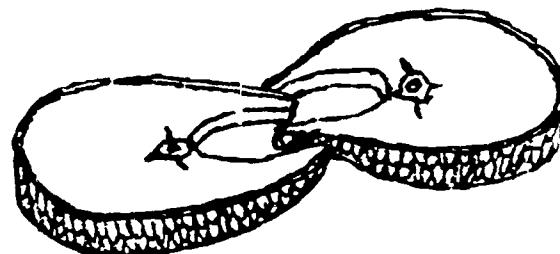
CARNE DE RES



TOCINETA



CAMARONES

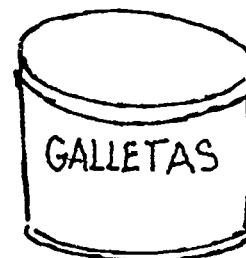


RUEDA DE PESCADO

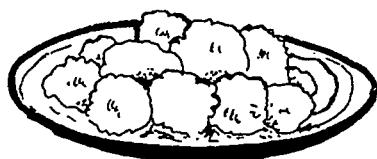
LOS CEREALES



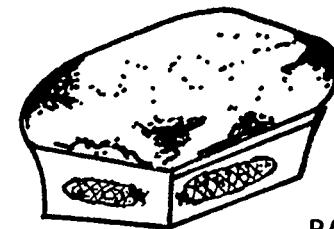
AVENA



GALLETAS



HOJUELAS
DE MAIZ



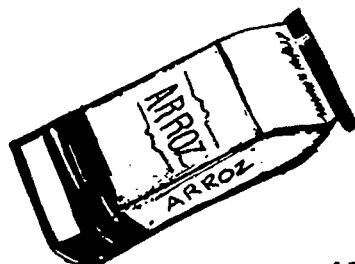
PAN
DE MAIZ



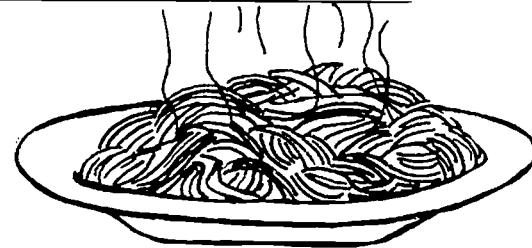
CEREAL
DE TRIGO



MACARRONES



ARROZ



FIDEOS

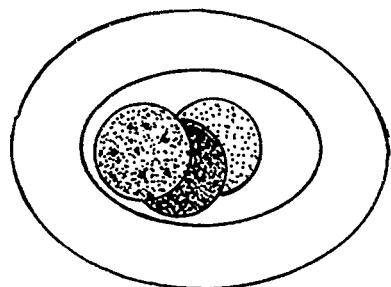


PAN

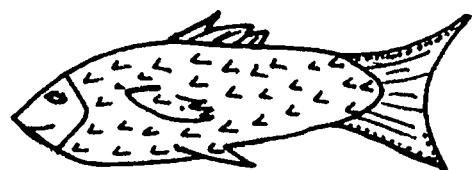


PANECLLOS

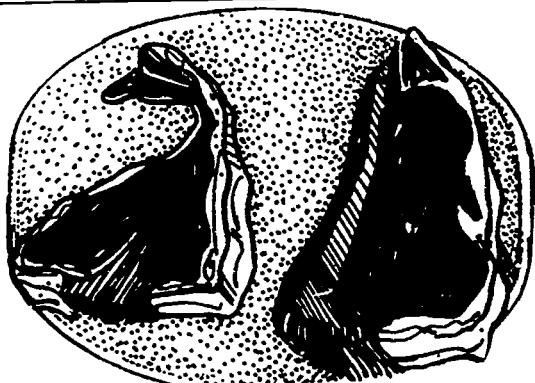
(CARNES Y PESCADOS CONTINUACION)



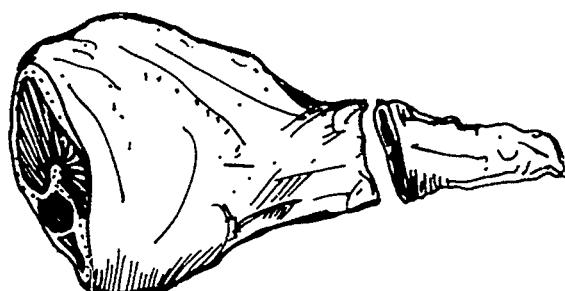
SALAMI



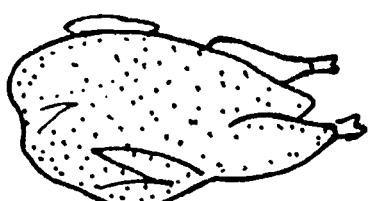
PEZ



CHULETA



CERDO



POLLO

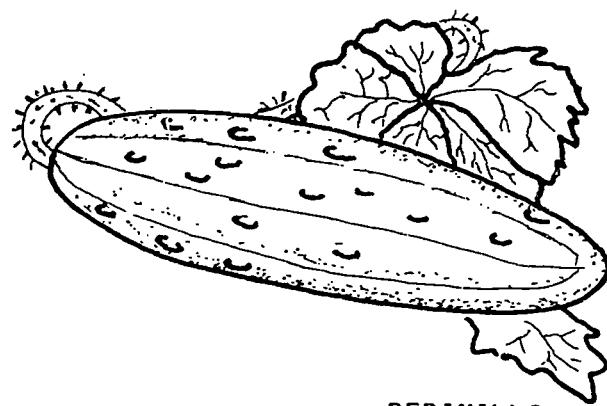


CARNE MOLIDA

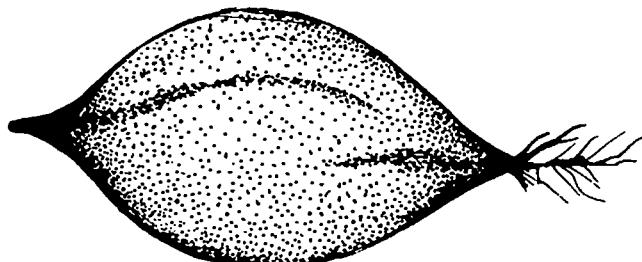
LOS VEGETALES



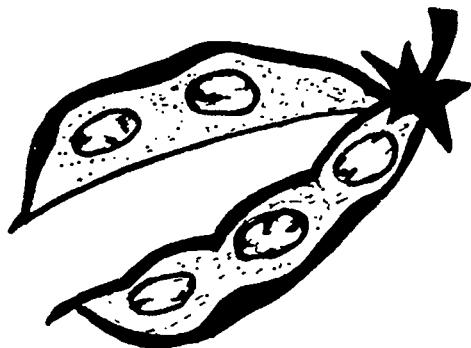
LECHUGA



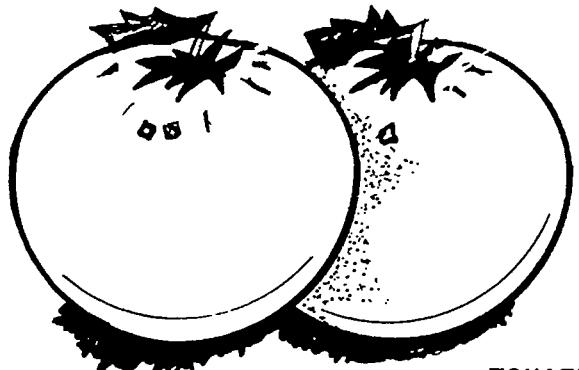
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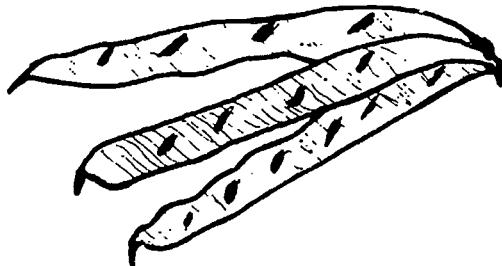
BATATA



GANDULES

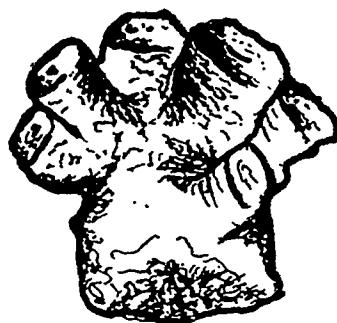


TOMATES

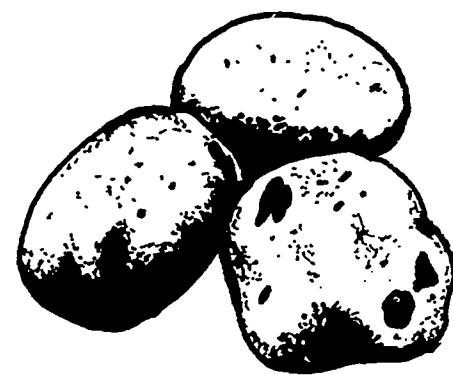


HABICHUELAS

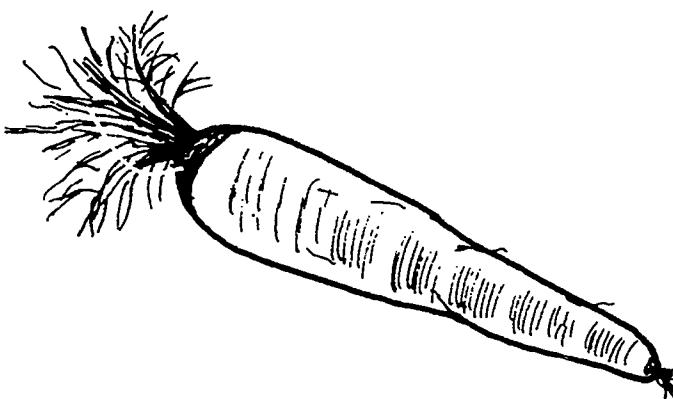
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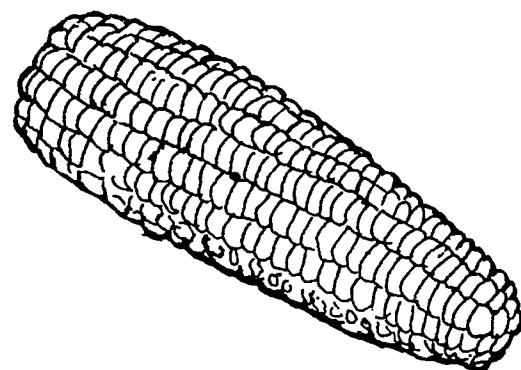
APIO



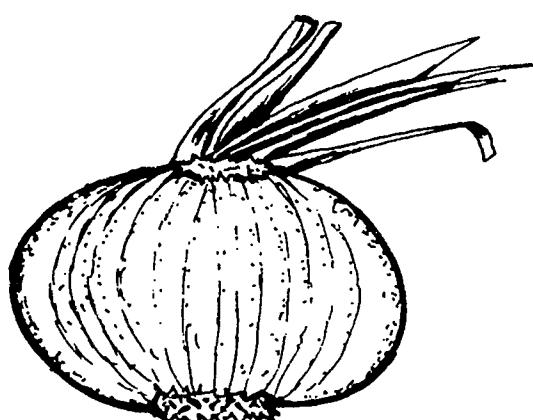
PAPAS



ZANAHORIA



MAIZ EN MAZORCA

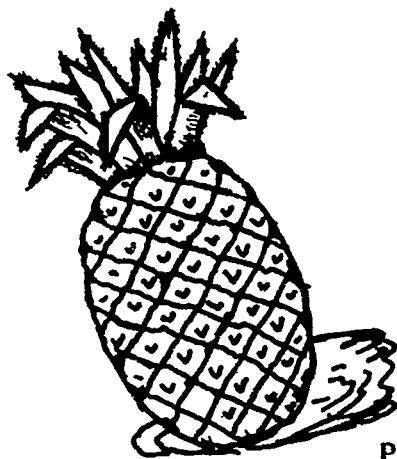


CEBOLLA

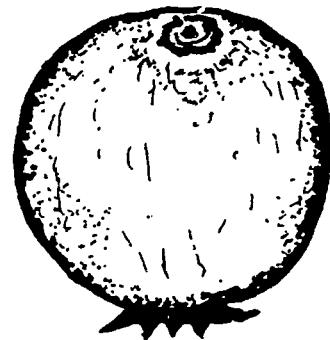


REPOLLO

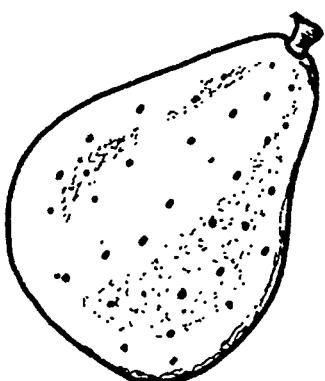
LAS FRUTAS



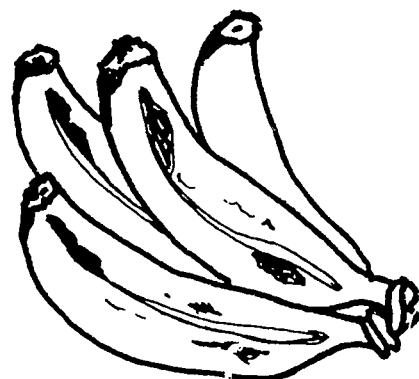
PIÑA



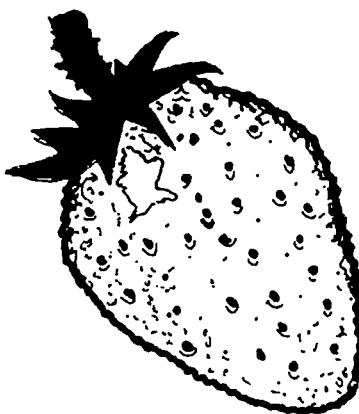
GUAYABA



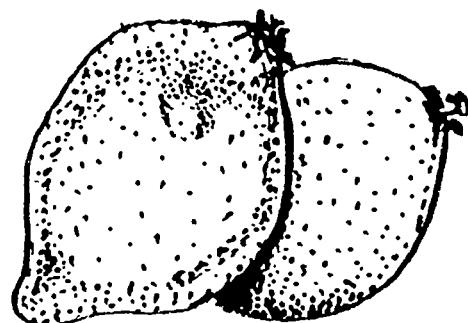
PERA



GUINEOS MADUROS

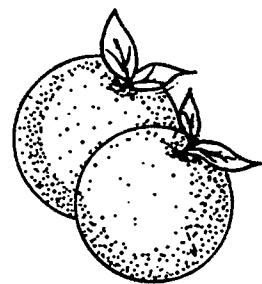


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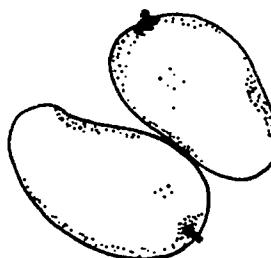


LIMONES

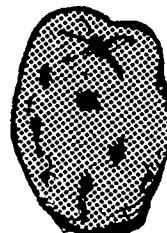
FRUTAS DEL PAÍS



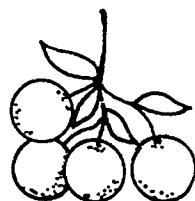
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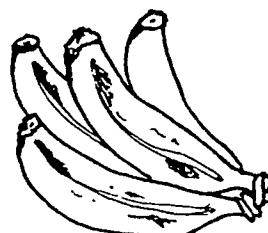
MANGO



JOBO



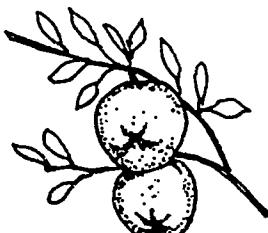
QUENEPAS



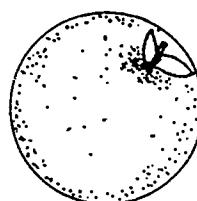
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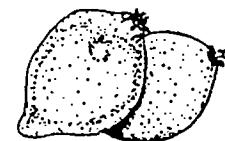
PIÑA



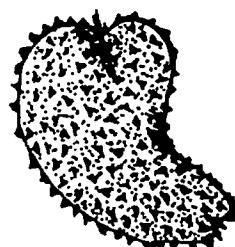
ACEROLA



TORONJA



LIMON

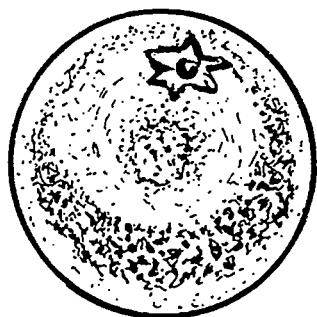


GUANABANA

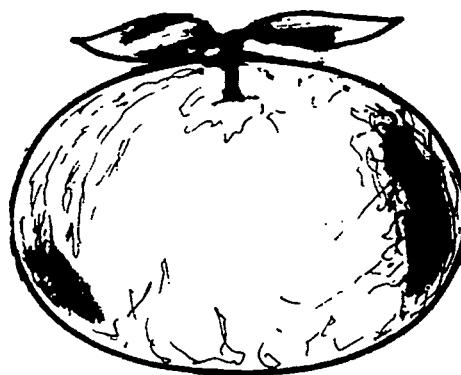


PAPAYA

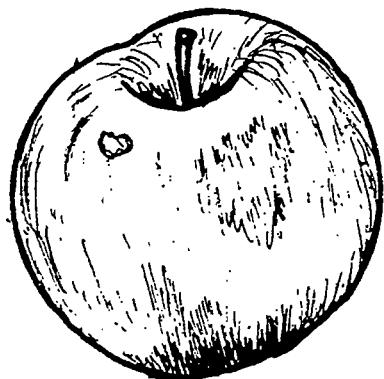
LAS FRUTAS (CONT.)



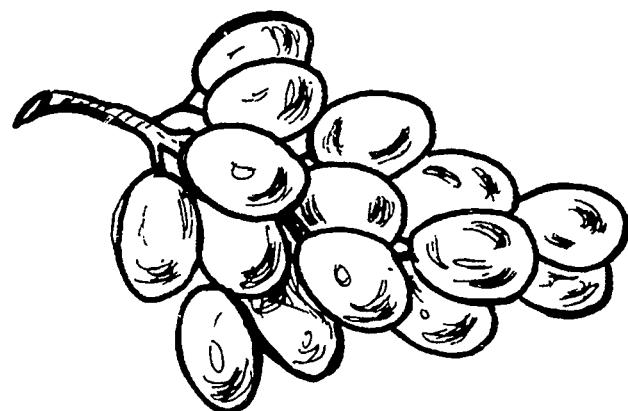
CHINA



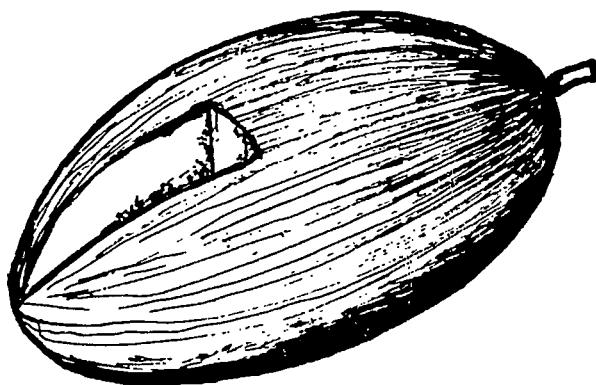
TORONJA



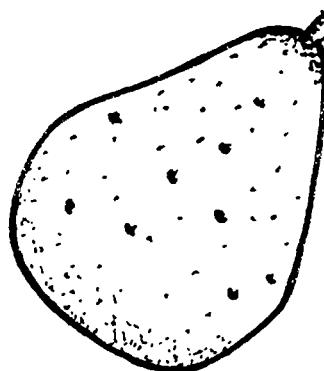
MANZANA



UVAS

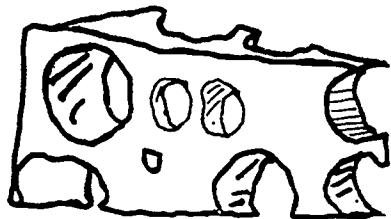


MELON



PERA

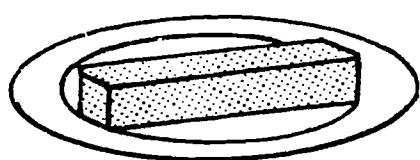
LOS PRODUCTOS LÁCTEOS (DERIVADOS DE 'LA LECHE')



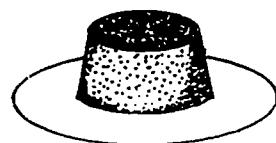
QUESOS



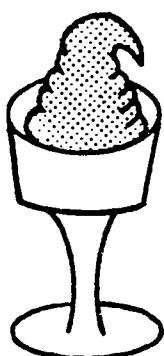
REQUESÓN



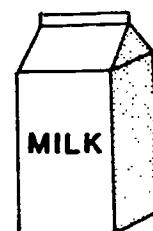
MANTEQUILLA



FLAN



MANTECADO

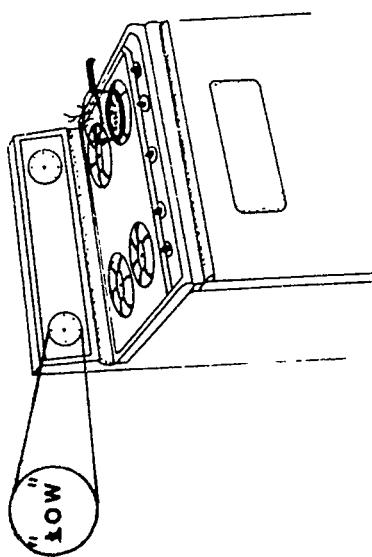


LECHE

PREVENCION DE ACCIDENTES

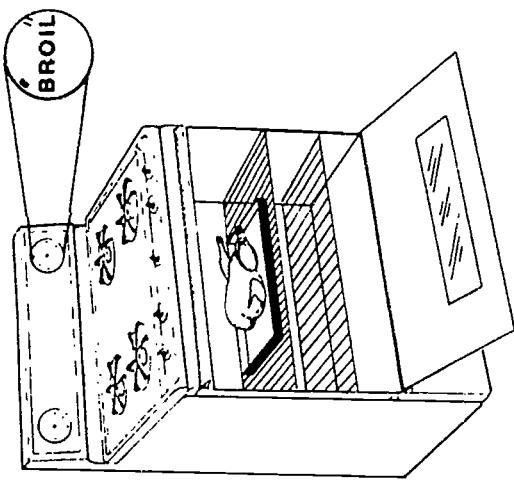
USO DE LAS TEMPERATURAS EN LA ESTUFA

RECUERDA:

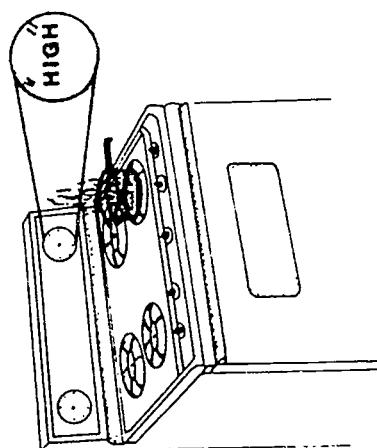


TEMPERATURA BAJA ("LOW")

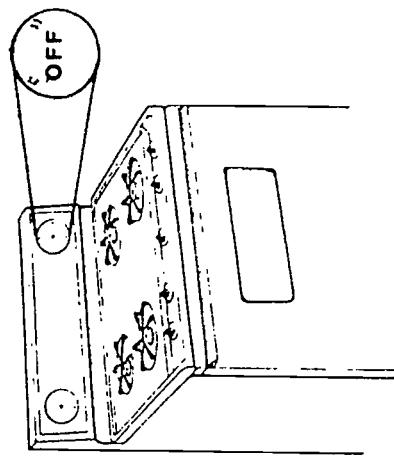
RECUERDA:



ASADOR EN TEMPERATURA ALTA ("BROIL")



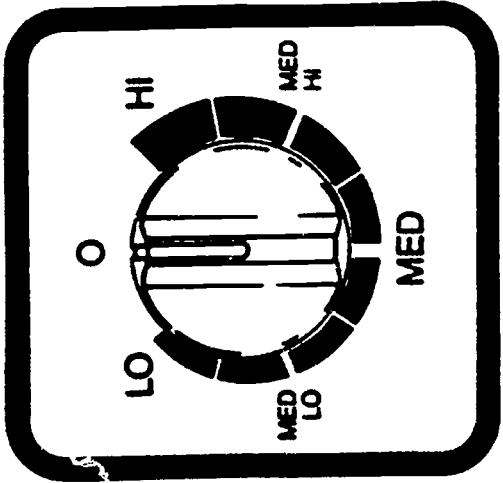
- 14 -



TEMPERATURA ALTA ("HIGH")

APAGADO ("OFF")

CONOCE EL SELECTOR DE TEMPERATURAS



TEMPERATURA

ALTA

MEDIANAMENTE ALTA
MEDIANAMENTE BAJA

BAJA

USO APROPIADO

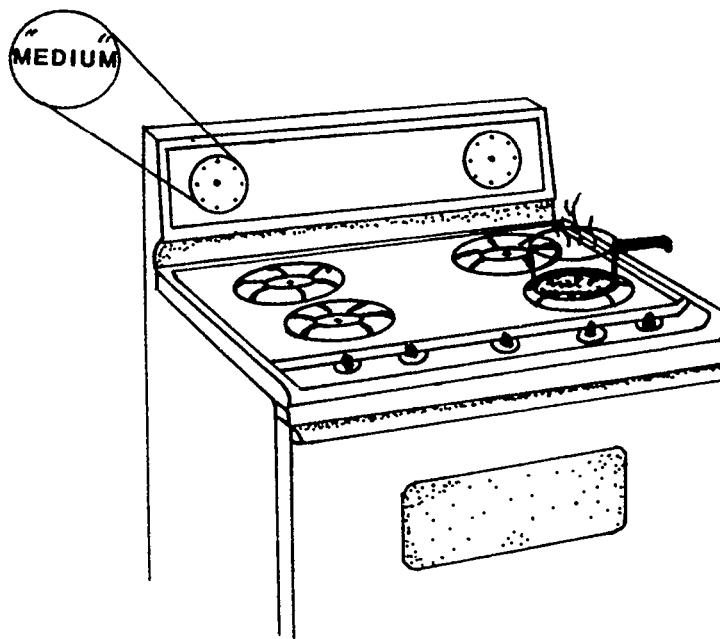
SE COMIENZA CON ESTA TEMPERATURA EN LA
MAYORÍA DE LOS ALIMENTOS QUE COCINAMOS.
LA USAMOS PARA HERVIR Y DORAR ALGUNOS
ALIMENTOS.

PARA FREIR, HERVIR

PARA MANTENER UNA EBULLICIÓN MÁS BAJA.
LA USAMOS PARA SALSAS Y COMIDAS QUE
NECESITAMOS COCER AL VAPOR.

PARA MANTENER LOS ALIMENTOS EN COCCIÓN,
ESCALFAR (HERVIR EN AGUA) LOS HUEVOS,
COCER AL VAPOR.

PARA MANTENER LOS ALIMENTOS TIBIOS,
DERRETIR Y HERVIR A FUEGO LENTO.



TEMPERATURA MODERADA ("MEDIUM")

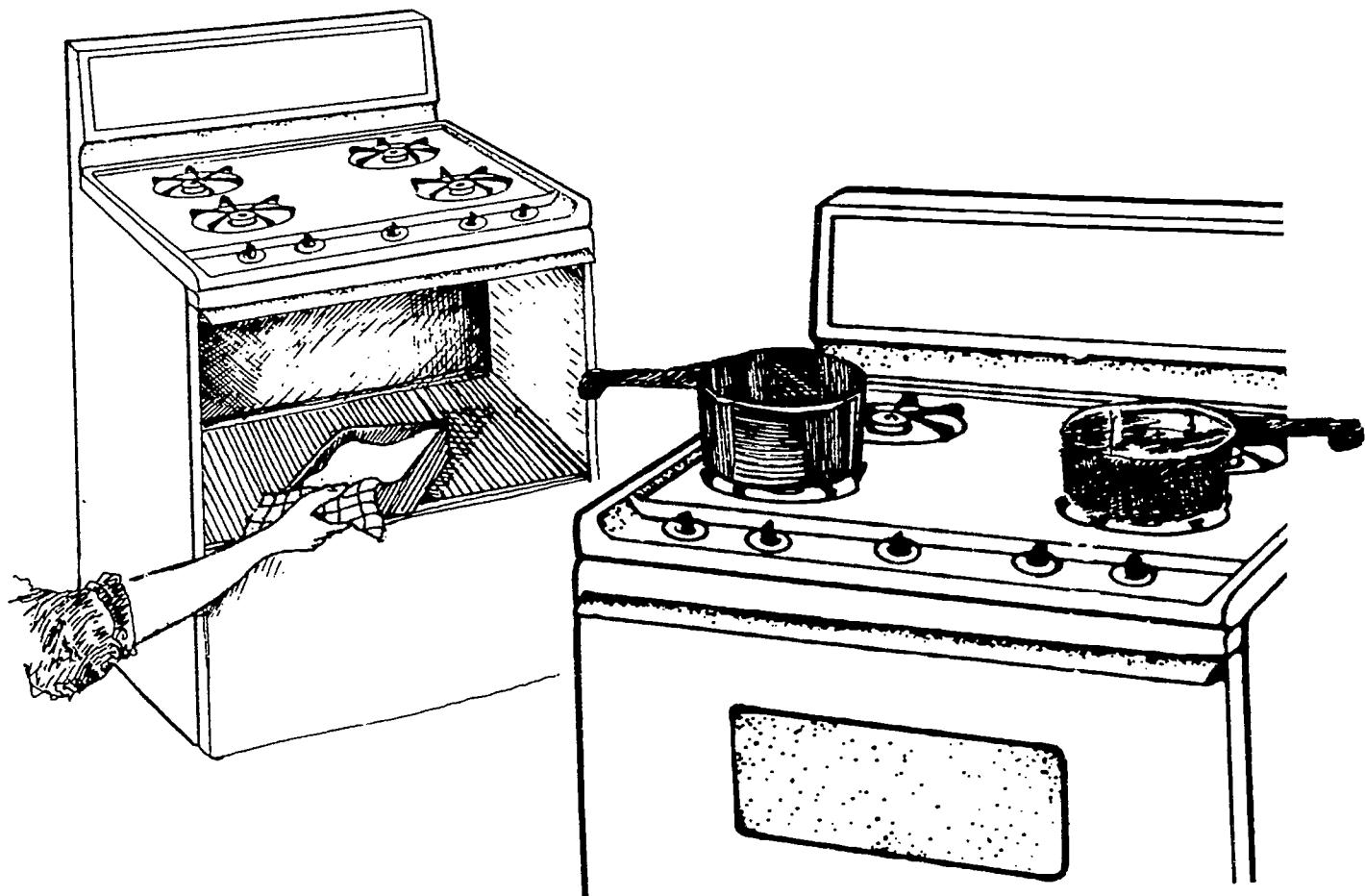


RECUERDA:

**PARA EVITAR ACCIDENTES
DEBES MANTENER LIMPIA EL
ÁREA DE TRABAJO.**

RECUERDA:

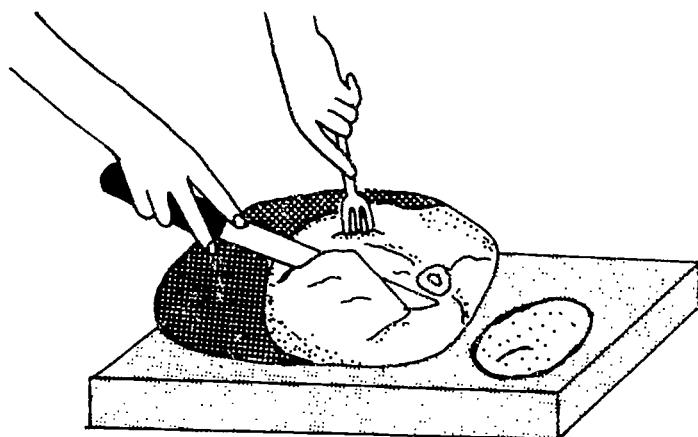
UTILIZAR AGARRADERAS AL
SOSTENER UTENSILIOS CALIENTES



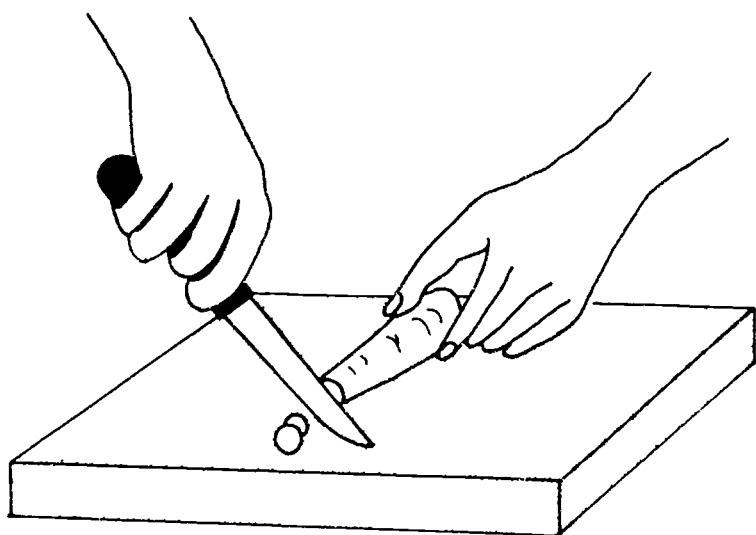
COLOCAR LOS MANGOS DE LAS
OLLAS O CACEROLAS HACIA EL
LADO O HACIA ATRÁS

RECUERDA...

AL CORTAR DEBES UTILIZAR
LA TABLA DE PICAR.

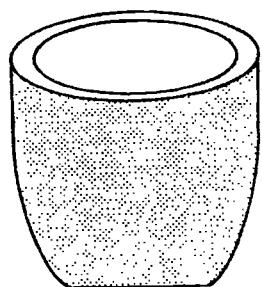


CORTA EN DIRECCIÓN HACIA
AFUERA, SUJETANDO BIEN
EL ALIMENTO.

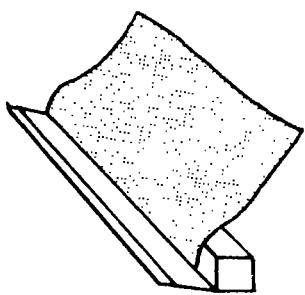


UTENSILIOS DE COCINA

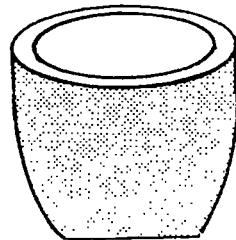
UTENSILIOS DE COCINA



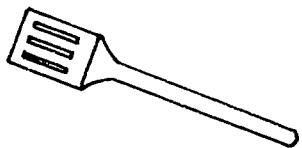
ESCUDILLA O ENVASE GRANDE



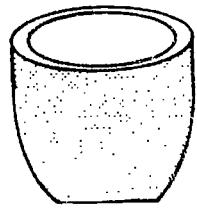
PAPEL ENCERADO



ESCUDILLA O ENVASE MEDIANO



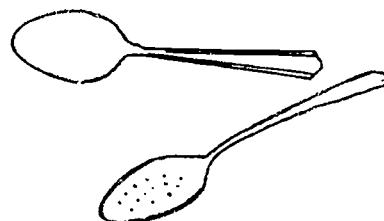
ESPÁTULA



ESCUDILLA O ENVASE PEQUEÑO



CUCHILLOS

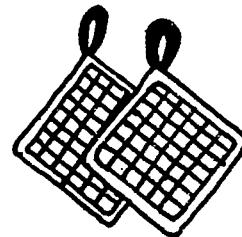


CUCHARAS

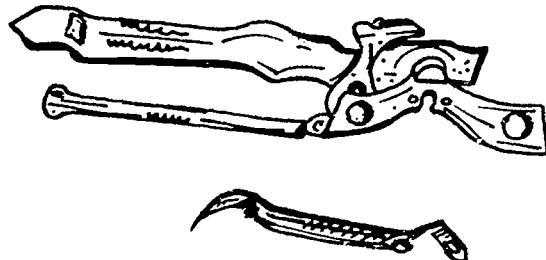
UTENSILIOS DE COCINA (CONT.)



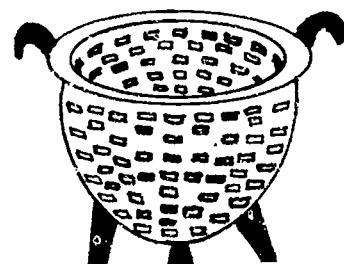
TABLA PARA PICAR



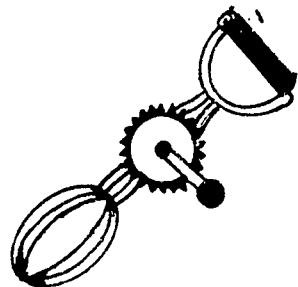
AGARRADERAS



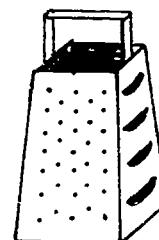
ABRIDOR DE LATA



ESCURRIDOR



BATIDOR MANUAL



GUAYO

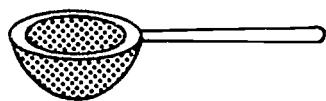


MONDADOR



CEPILLO PARA LAVAR VEGETALES

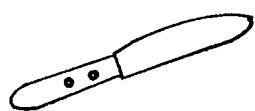
UTENSILIOS DE COCINA (CONT.)



CERNIDOR



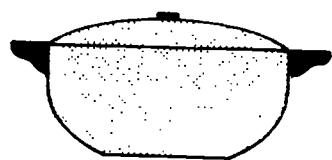
UNA TAZA DE MEDIR



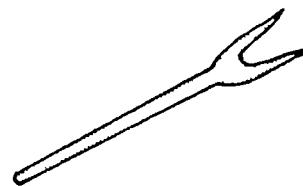
ESPÁTULA



RODILLO



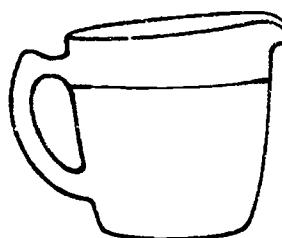
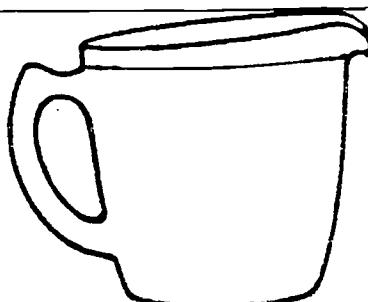
CALDERO



TENEDOR DE FREIR

UTENSILIOS DE COCINA (CONT.)

TAZAS DE MEDIR

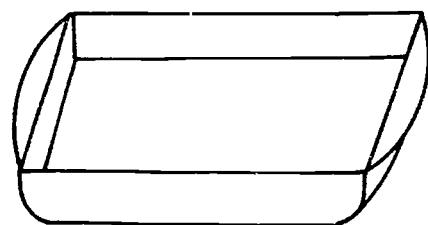


UTENSILIOS DE COCINA (CONT.)

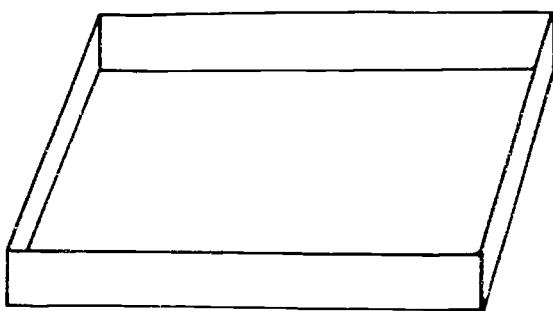
MOLDES



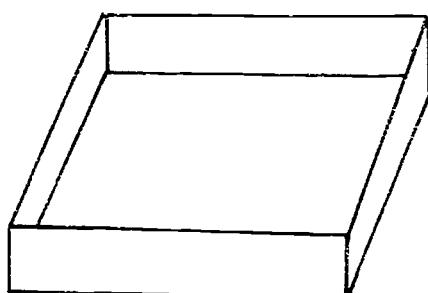
MOLDE REDONDO



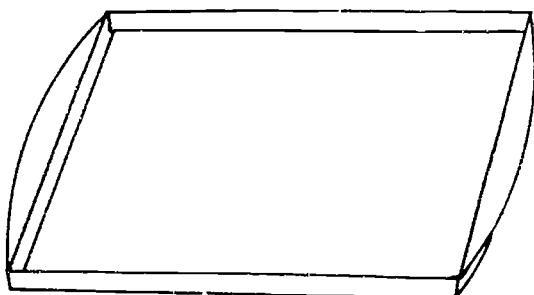
MOLDE RECTANGULAR EN CRISTAL



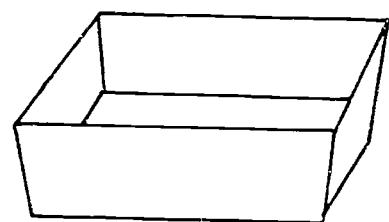
MOLDE RECTANGULAR



MOLDE CUADRADO



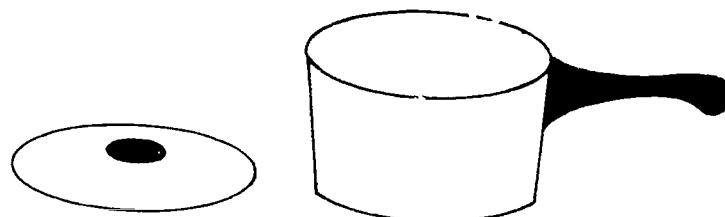
MOLDE PARA GALLETAS



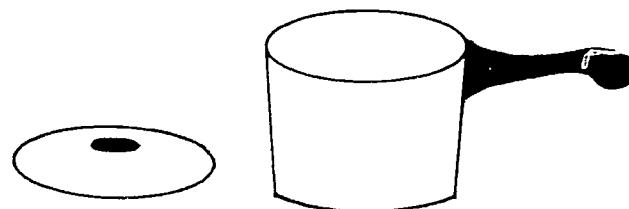
MOLDE PARA PAN

UTENSILIOS DE COCINA (CONT.)

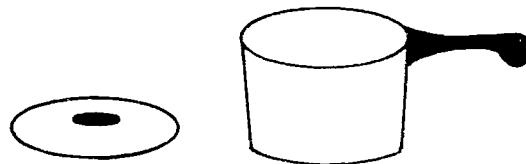
OLLAS:



OLLA GRANDE



OLLA MEDIANA



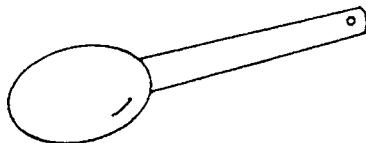
OLLA PEQUEÑA



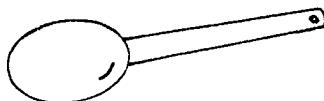
SARTÉN DE FREIR DE 10" PULGADAS

UTENSILIOS DE COCINA (CONT.)

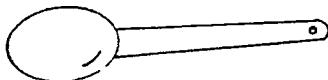
CUCHARADAS PARA MEDIR



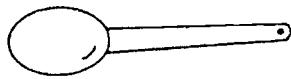
UNA CUCHARADA (1 cda.)



UNA CUCHARADITA (1 cdt.)



MEDIA CUCHARADITA (½ cdt.)

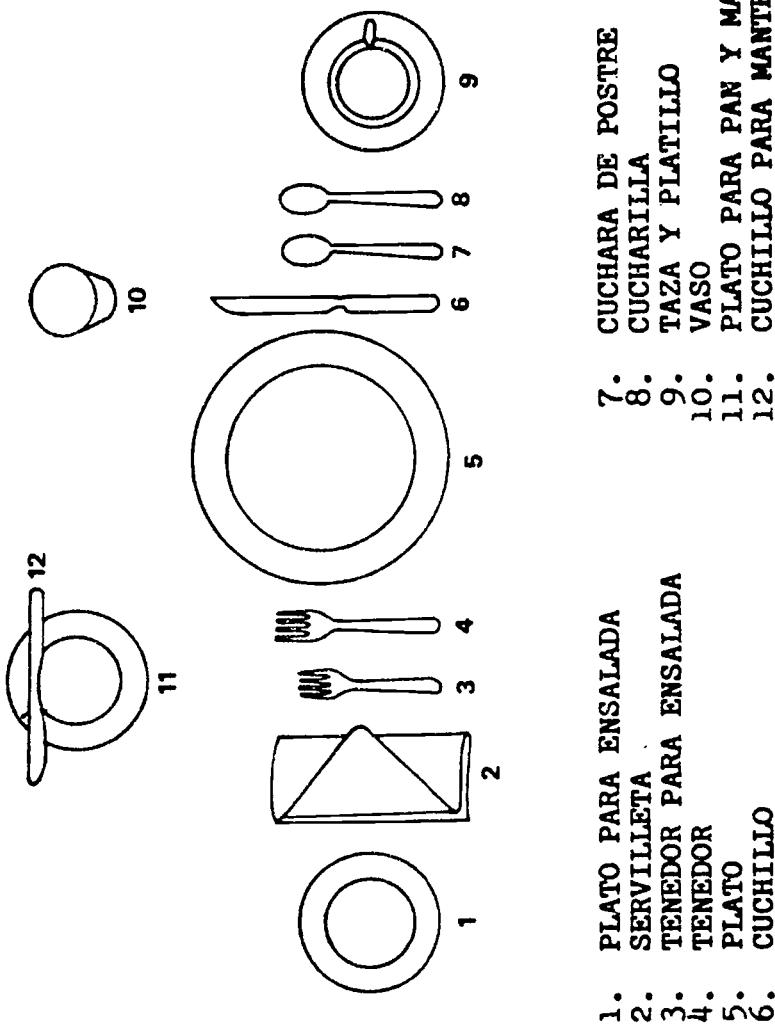


UN CUARTO DE CUCHARADITA (¼ cdt.)

EL SERVICIO DE LA MESA

RECUERDA: LOS UTENSILIOS SE COLOCAN COMO SE INDICA A CONTINUACIÓN.

SERVICIO DE LA MESA



EQUIVALÉNCIAS MÉRICAS

60 gotas.	•	1 cucharadita
3 cucharaditas.	•	1 cucharada
1 cucharada	•	1/2 onza
2 cucharadas.	•	1 onza
4 cucharadas.	•	2 onzas
4 cucharadas.	•	1/4 taza
16 cucharadas	•	1 taza
1/4 taza.	•	2 onzas
1 taza.	•	8 onzas
2 tazas	•	1 pinta
4 tazas	•	1 cuartillo
1 pinta	•	16 onzas
2 pintas.	•	1 cuartillo
1 cuartillo	•	32 onzas
1 cuartillo	•	0.95 litro
1 litro	•	1.06 cuartillo

EQUIVALÉNCIAS MÉRICAS

1	cucharadita.	4.9
2	cucharaditas	9.8
3	cucharaditas	14.8
1	cucharada.	14.8
2	cucharadas	29.6
3	cucharadas	44.4
4	cucharadas	59.2
1/4	taza	59.2
1/2	taza	118.3
3/4	taza	177.5
1	taza	236.6
2	tazas.	473.2
1	pinta.	473.2
2	pintas	946.4
1	cuartillo.	946.4

Sólidos

1 pizca o polvito.	•	•	•	•	menos de 1/8
3 cucharaditas	•	•	•	•	cucharadita
4 cucharadas	•	•	•	•	1 cucharada
1 cucharada.	•	•	•	•	1/4 taza
2 cucharadas	•	•	•	•	1/2 onza
4 cucharadas	•	•	•	•	1 onza
1 taza	•	•	•	•	2 onzas
1 libra.	•	•	•	•	8 onzas
1 cuadro de chocolate.	•	•	•	•	16 onzas
1 libra de mantequilla	•	•	•	•	1 onza
1 libra de azúcar granulada	•	•	•	•	2 tazas
1 libra de azúcar pulverizada.	•	•	•	•	2 1/4 tazas
1 libra de harina de trigo	•	•	•	•	3 1/2 tazas
2 libras con 3 1/4 onzas	•	•	•	•	4 tazas
					1 kilo

Nota: - Para medir media cucharada divida una cucharada

en dos partes iguales, a lo largo.

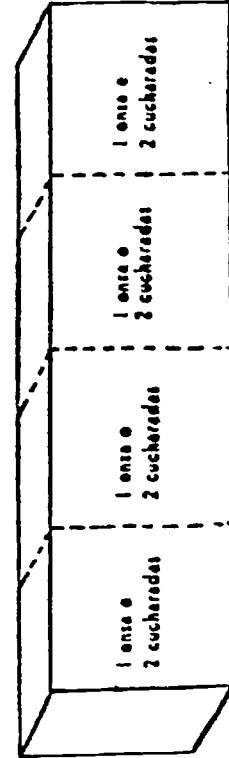
Para medir sólidos, se llena hasta el
rápidamente pasa por encima de la medida
de un cuchillo para que la medida quede

- Para medir líquidos lleno en su totalidad la medida rasa.

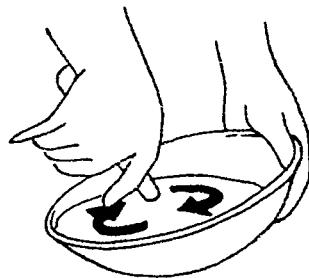
Sólidos

1 onza.	28.4
2 onzas	56.8
3 onzas	85.1
4 onzas	113.5
1/4 libra	113.5
1/2 libra	227.0
3/4 libra	340.5
1 libra	454.0
1 kilo.	1000.0

Rendimiento de $\frac{1}{4}$ Libra de Mantequilla
Notas: $\frac{1}{4}$ libra de mantequilla es igual a 4 onzas,
o sea, 8 cucharadas.



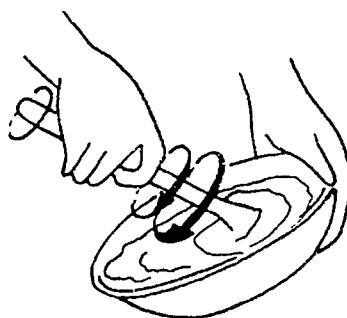
METODOS DE MEZCLAR INGREDIENTES



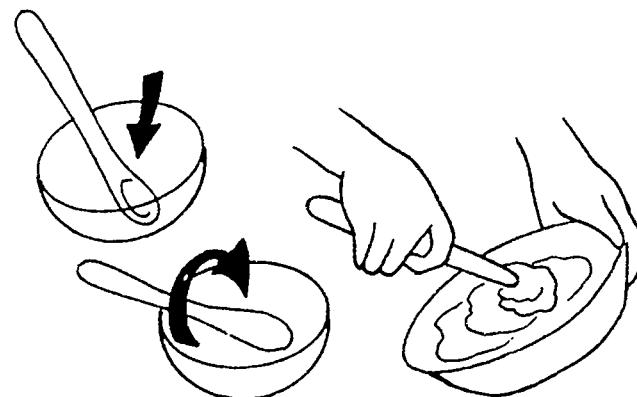
Mover o Revolver



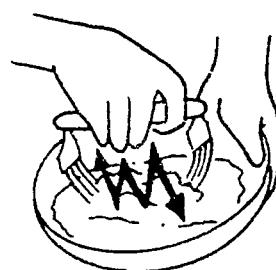
Cremar



Batir



Envolver



Cortar Grasa con Harina

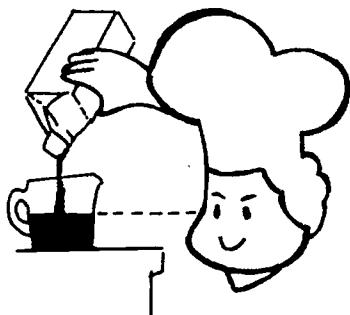
COMO MEDIR PARA SER UN BUEN COCINERO

¿Qué debes hacer?

- Utiliza los utensilios adecuados al medir los ingredientes
- Mide cuidadosamente los ingredientes tal como se indica a continuación.

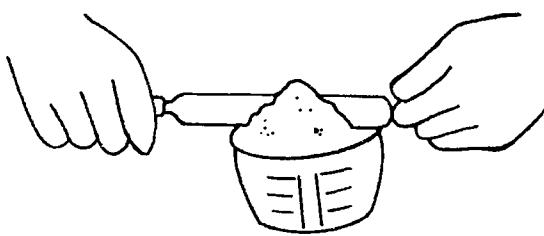
AL MEDIR EN TAZA

*** Ingredientes líquidos (leche, agua, aceite y otros).



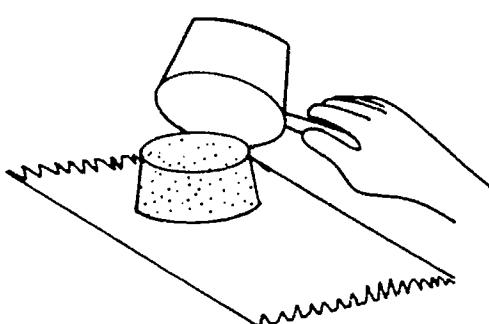
- Utiliza una taza de medir transparente.
- Coloca la taza de medir sobre una superficie plana.
- Inclínate hasta que la taza quede a tu mismo nivel.
- Vierte el líquido en la taza hasta la línea que indica la medida deseada.

*** Ingredientes secos y sólidos (harina, azúcar, sal y otros).



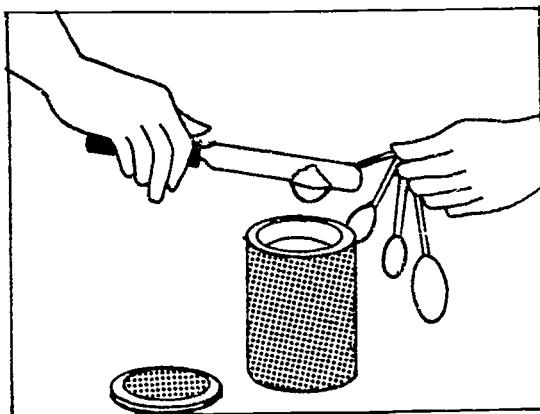
- Utiliza una taza de metal o plástica.
- Vierte el ingrediente hasta la línea que indica la medida deseada.
- En caso que necesites llenar la taza, nivela con una espátula o con el filo de un cuchillo.

*** Ingredientes cremosos, suaves o húmedos (azúcar moscada, margarina, mantequilla y otros).



- Vierte y acomoda el ingrediente en la taza.
- Nivela en caso de llenar la taza.

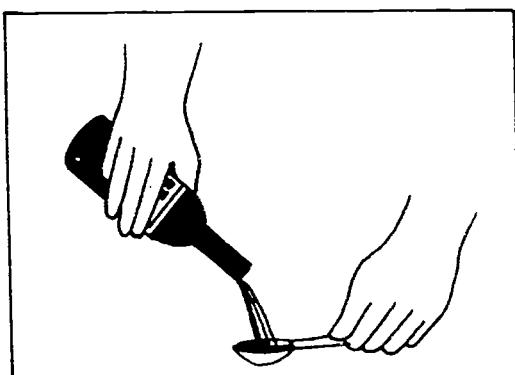
AL MEDIR EN CUCHARAS



***Al medir cantidades pequeñas de ingredientes secos, cremosos, suaves o húmedos.

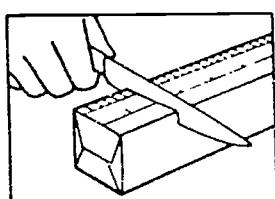
Introduzca la cuchara de la medida deseada en el envase o vierte la cantidad deseada.

Nivela con una espátula o filo de un cuchillo.



***Al medir cantidades de ingredientes líquidos:

Vierte el líquido en la cuchara de la cantidad deseada hasta el borde de ésta.



Al MEDIR UNA BARRA DE MARGARINA colócala sobre el picador y corta la cantidad necesaria con un cuchillo pequeño afilado. Las cantidades están marcadas en la etiqueta.

MENUS

MENÚ

MENÚ	MENÚ

EL MENÚ

EL MENÚ ES UNA LISTA DE PLATOS
DE DONDE LA PERSONA HACE SU SELECCIÓN.
UN MENÚ PUEDE PLANIFICARSE PARA UN DESAYUNO,
ALMUERZO O COMIDA.
UN MENÚ DEBE CONTENER LOS ALIMENTOS QUE SE
INDICAN A CONTINUACIÓN.

PLATOS QUE SE INCLUYEN EN UN MENÚ:

1. PLATO PRINCIPAL
 - CEREALES
 - VEGETALES
 - PASTAS ALIMENTICIAS
2. ACOMPAÑANTE
 - CARNES
 - MARISCOS
 - GRANOS
3. ENSALADA
 - DE VEGETALES Y HORTALIZAS
 - DE CODITOS
 - DE PAPAS
 - ENSALDA MIXTA
 - DE MARISCOS
 - OTRAS
4. POSTRE
 - POSTRES DE FRUTAS
 - POSTRES DE LECHE
 - GELATINA
 - DULCES DE REPOSTERÍA (FLANES, BUDINES, ETC.)

5. BEBIDA

LECHE

TE

CAFÉ

JUGOS DE FRUTAS O NÉCTARES

55

56

EJEMPLOS DE MENÚS

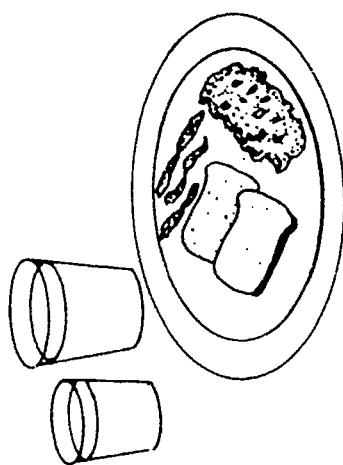


55

COMIDAS

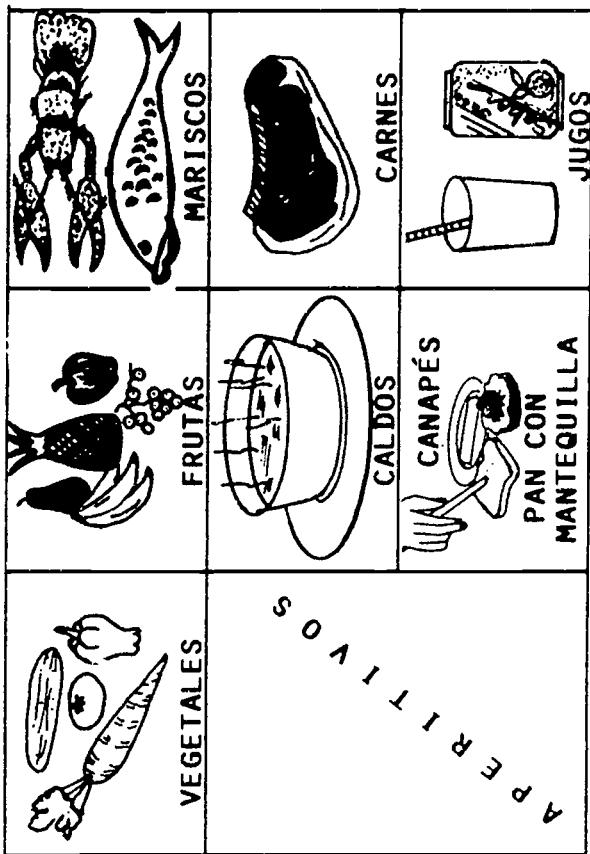


ALMUERZO



DESAYUNO

56



A P E R I T I V O S

EL APERITIVO ES UN PLATO APETITOSO
QUE SE SIRVE ANTES DE LA COMIDA PARA
ESTIMULAR EL APETITO.

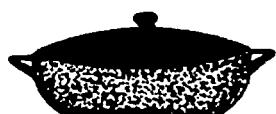
LOS ALIMENTOS QUE SE USAN PARA
LA PREPARACIÓN DE APERITIVOS SON:

- FRUTAS
- MARIISCOS
- VEGETALES
- CARNES
- PAN CON MANTEQUILLA
- CANAPÉS
- JUGOS
- CALDOS CLAROS

RECETAS

ARROZ BLANCO

Necesitas:



1 caldero



1 taza de arroz



1 cucharada de aceite



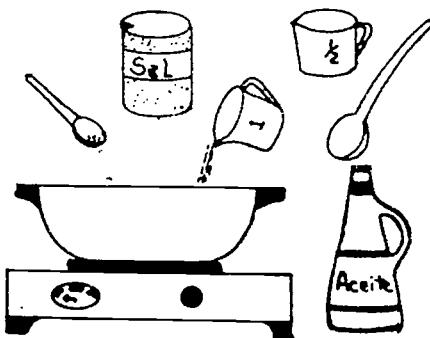
1-1/2 taza de agua



1 cucharadita de sal

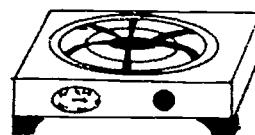


1 cucharón



Sigue estos pasos:

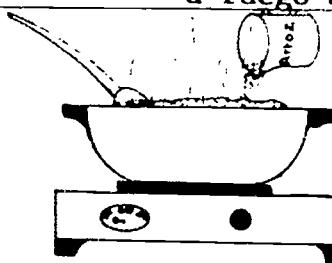
En un caldero pequeño
echa el agua, la sal
y el aceite.



Enciende la hornilla
a fuego alto.

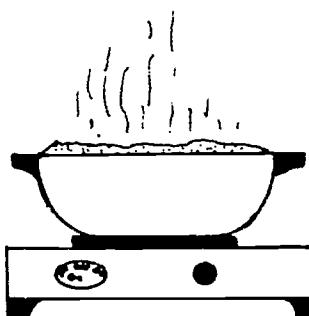


Coloca el caldero sobre
la hornilla.

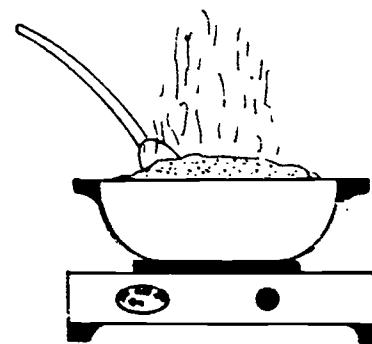


Cuando hierva, añade el
el arroz y mueve.

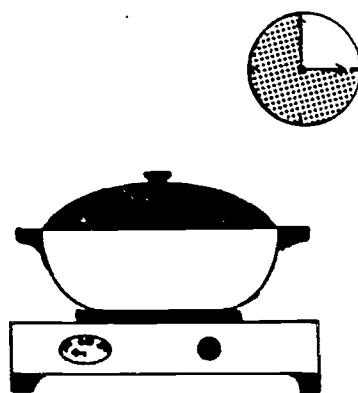
(Arroz Blanco cont.)



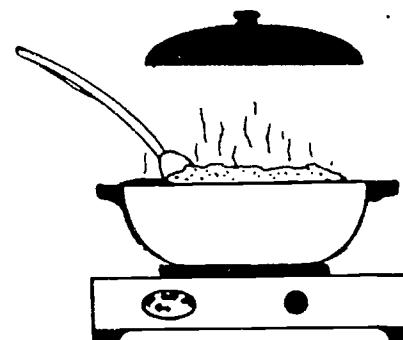
Cocina hasta que seque.



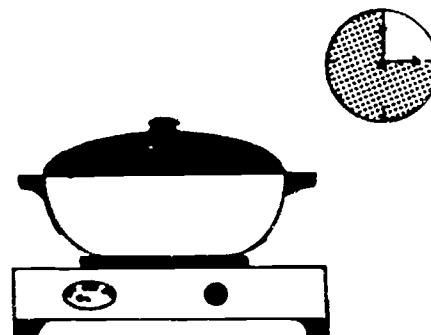
Mueve al arroz y baja
el fuego a lento



Tapa y cocina por 15 minutos.



Destapa y mueve.



Cocina por 15 minutos. Sirve caliente.

AVENA

Necesitas:



1 taza de avena



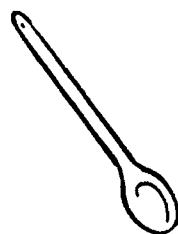
3 tazas de leche



1/2 cucharadita de sal



1 cacerola



1 cucharón



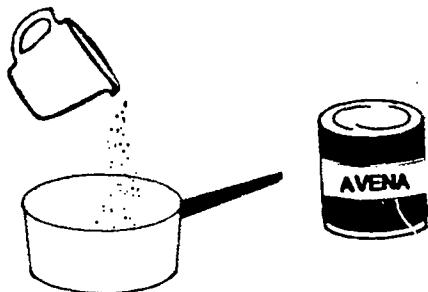
azúcar



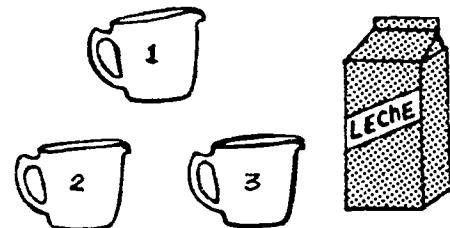
canela

(Avena continuación)

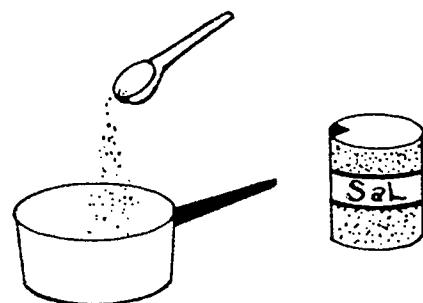
Sigue estos pasos:



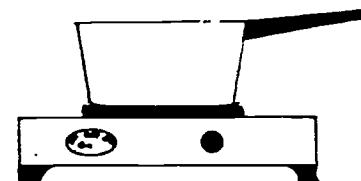
Echa una taza de avena
en la cacerola.



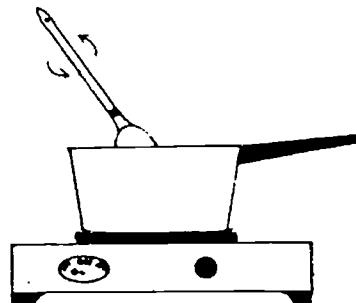
Añade tres tazas de leche.



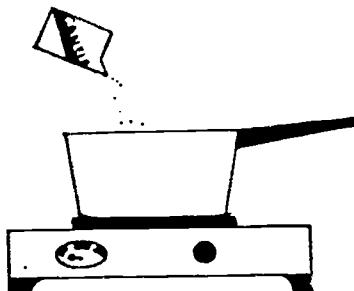
Añade media cucharadita
de sal.



Coloca la cacerola sobre la
hornilla a fuego moderado.



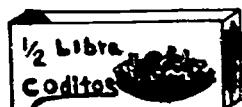
Mueve con el chucharón lentamente
hasta que ablande.



Polvoréele canela y azúcar
y sirve caliente.

Coditos con Salchichas

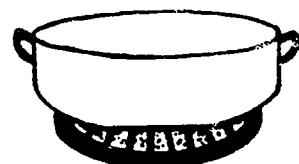
Necesitas:



1/2 libra coditos



2 latas salchichas



olla



1/2 taza salsa de tomate



1 cucharadita de sal



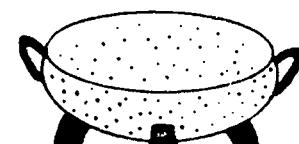
1 cuchillo



1 cebolla



4 tazas de agua



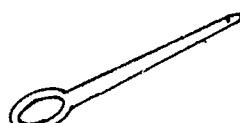
escurridor



escudilla



1 cucharada de aceite



cucharón

(Coditos con Salchichas continuación)

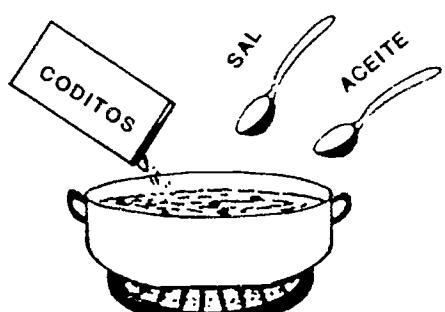
Sigue estos pasos:



Echa 4 tazas de agua en la olla.



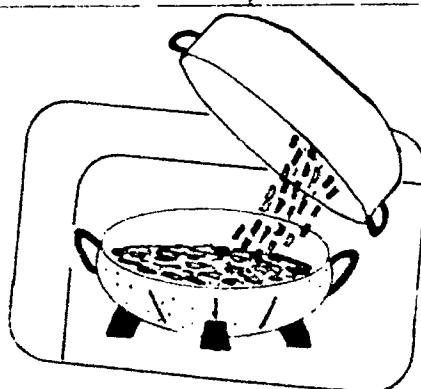
Coloca la olla sobre hornilla a fuego alto y deja hervir.



Añade la sal, el aceite y los coditos.

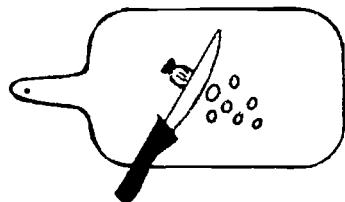


Cocina de 10 a 12 minutos moviéndolo una o dos veces con el cucharón.

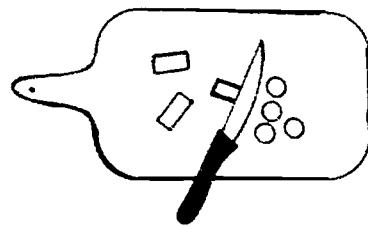


Escurre los coditos dentro del fregadero.

(Coditos con Salchichas continuación)



Pica la cebolla en pedacitos.



Pica las salchichas en rueditas.



Echa una cucharada de aceite, la cebolla y salchichas picadas. Añade los coditos.



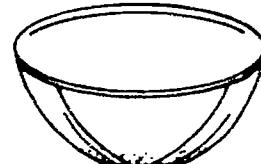
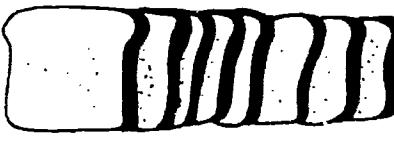
Salsa de tomate y una cucharadita de sal.



Cocina por 10 minutos.

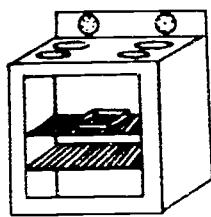
TOSTADAS FRANCESAS

Necesitas:

		
		
		 syrup (almíbar)
		 azúcar

(Tostadas Francesas continuación)

Sigue estos pasos:



Enciende el horno a 350°



engrasa un
molde para galletas

Mezcla en un envase



3/4 taza
de leche



2 cucharadas
de azúcar



1/4 cucharadita
de sal

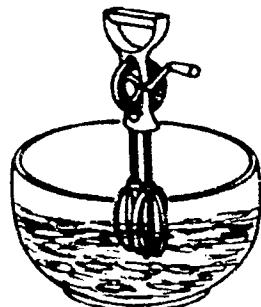


2 huevos

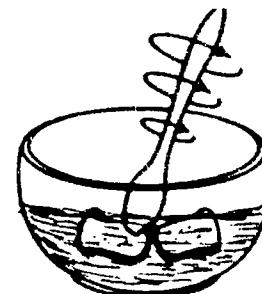


1/4 de
aceite

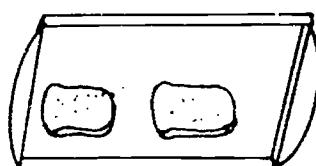
(Tostadas Francesas continuación)



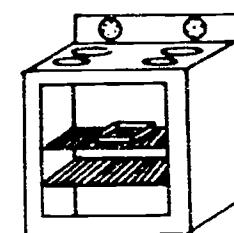
Bate



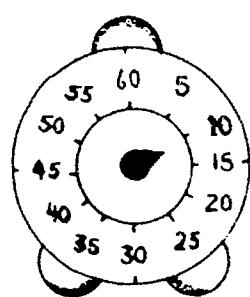
Coloca el pan en la mezcla



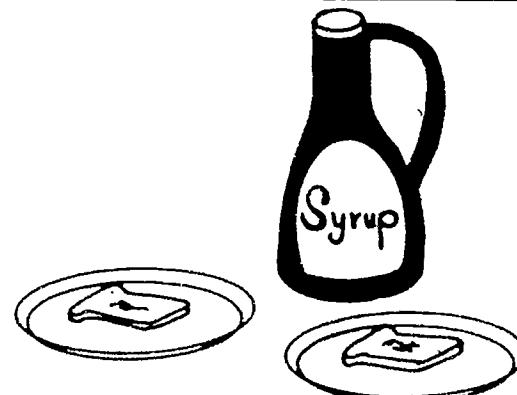
Coloca en el molde engrasado



Hornea por 10 minutos



10 minutos



Sirve con almíbar

Pan de Maíz

Necesitas:



Harina de maíz



Harina de trigo



azúcar



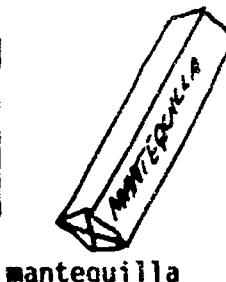
sal



polvo de hornear



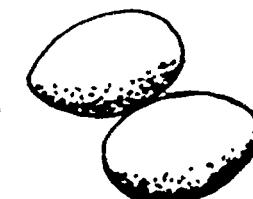
leche



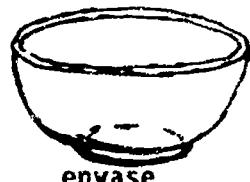
mantequilla



vainilla



huevos



envase



molde



cacerola



taza

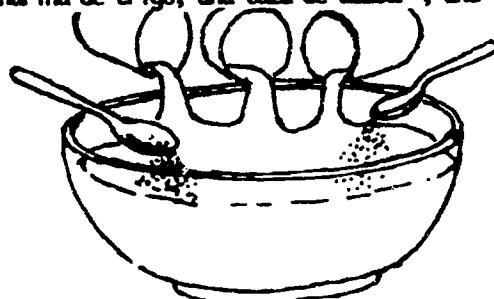


cuchara

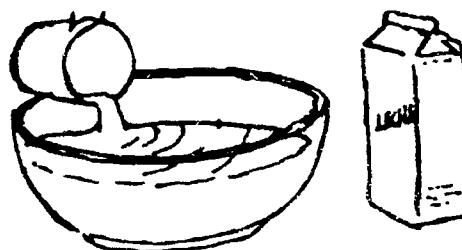
(Pan de Maiz continuación)

Sigue estos pasos

Echa una taza de harina de maiz, una taza de harina de trigo, una taza de azúcar, una



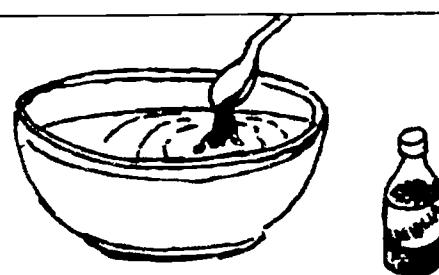
cucharadita de sal y dos cucharaditas de polvo de hornear en un envase



Añade poco a poco una (1) taza de leche



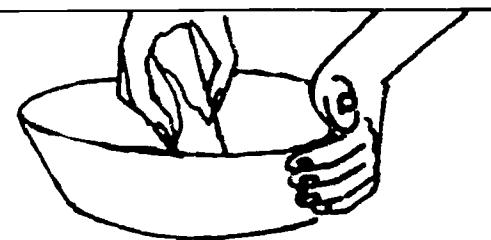
Añade la mantequilla previamente derretida



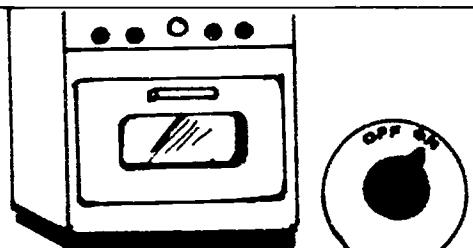
Añade una cucharadita de vainilla



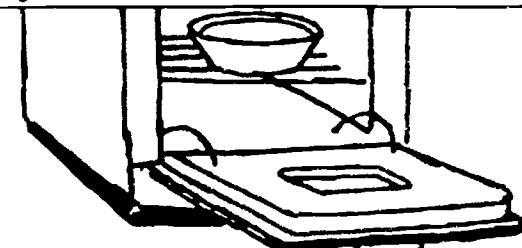
Añade dos huevos batidos



Engrasa un molde mediano o moldes individuales de 2 3/4" de diámetro y vierte la mezcla



Enciende el horno unos minutos antes de usarlo, a una temperatura moderada



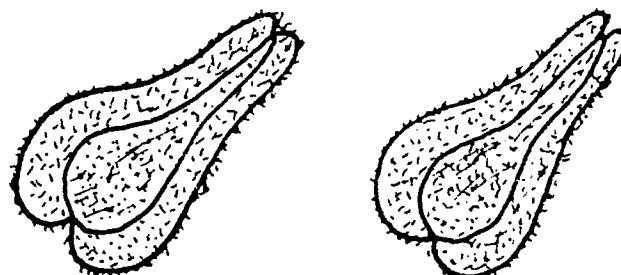
Coloque en el horno de 20 a 25 minutos

POLLO Y CERDO

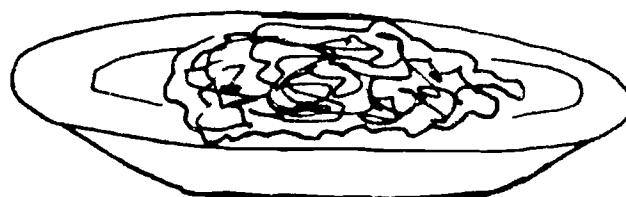
74

Chayotes Rellenos

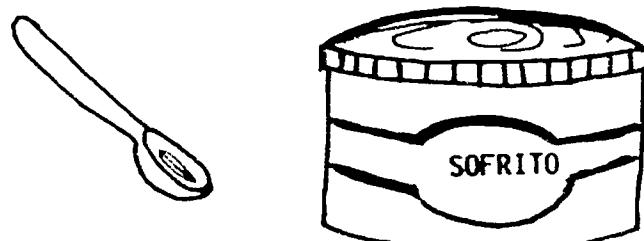
Necesitas:



2 chayotes



3/4 libra carne de cerdo

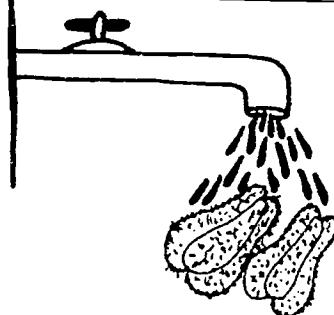


2 cucharaditas de sofrito

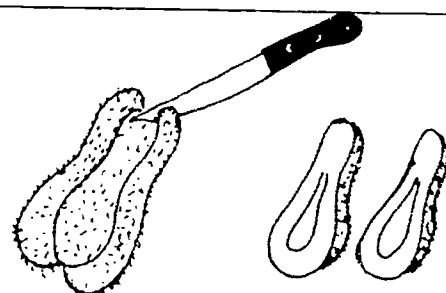


2 huevos batidos

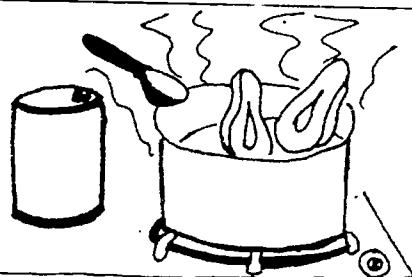
Sigue estos pasos



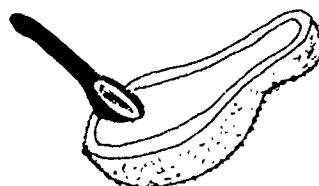
lava los chayotes



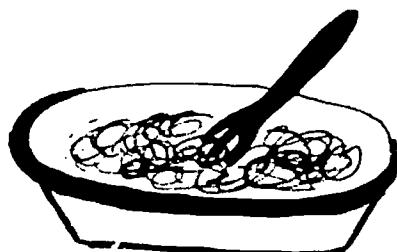
pícalos por la mitad



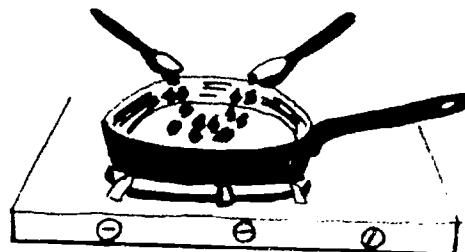
hiérvelos en agua con sal hasta
ablandar



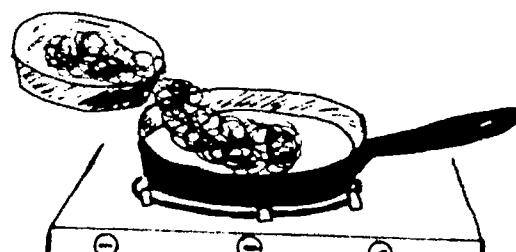
saca la pulpa



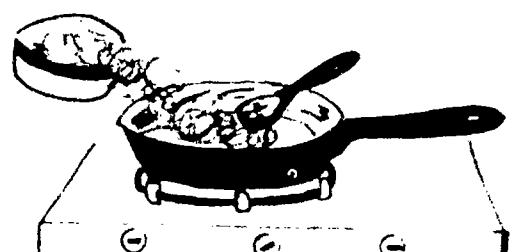
maja la pulpa



echa 2 cucharaditas de sofrito al sartén

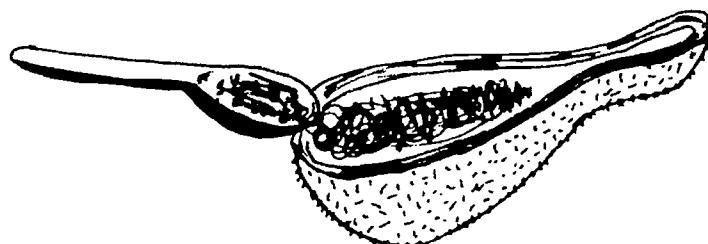


agrega la carne y sofrie



agrega la pulpa y mezcla bien

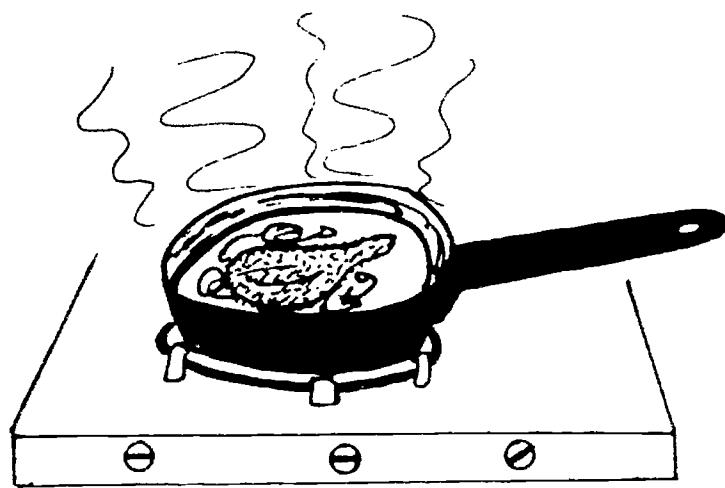
Sigue estos pasos



Rellena el chayote con la mezcla



Cúbrelo con el huevo batido

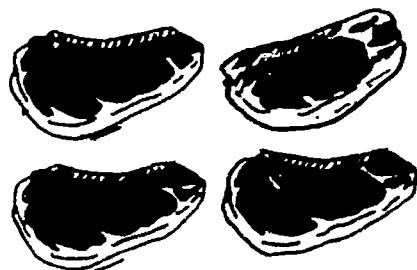


Fríe con la parte cubierta con huevo hacia abajo

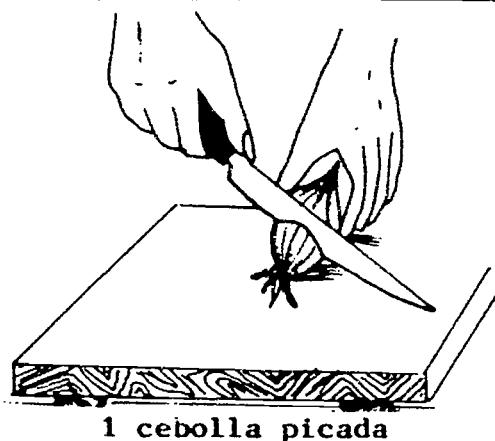
CHULETAS A LA MIXTA

4 raciones

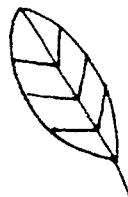
Necesitas:



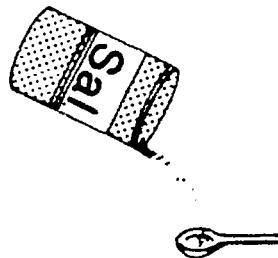
4 chuletas fritas



1 cebolla picada



1 hoja de laurel



1/2 cucharadita de sal



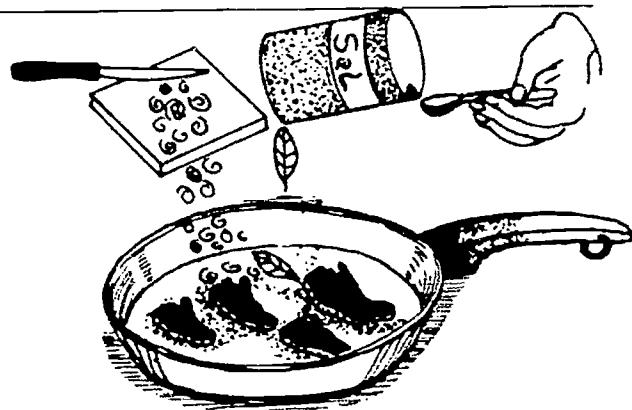
1 lata de 8 onzas de vegetales mixtos

(Chuletas a la mixta continuación)

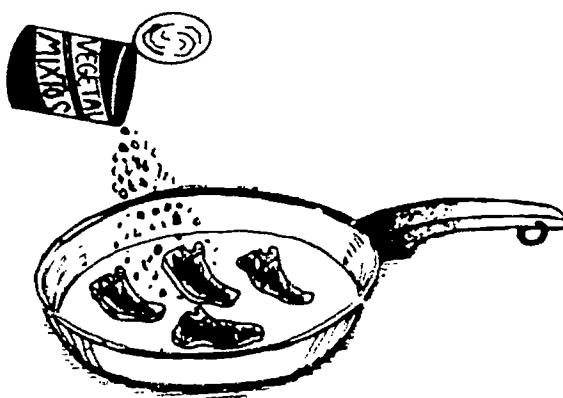
Sigue estos pasos:



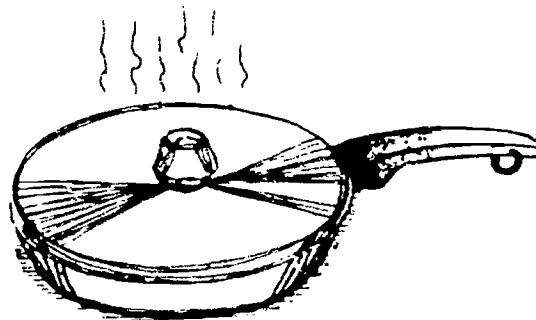
Coloca las chuletas fritas
en un sartén



Añade la cebolla, la hoja de laurel
y la sal



Añade los vegetales mixtos y mezcla

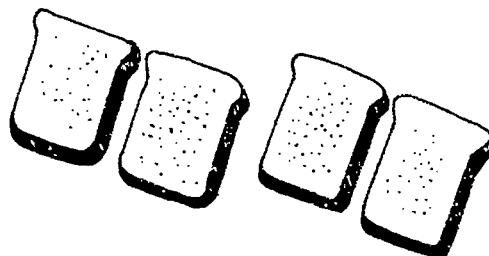


Tápalo y coloca a fuego bajo por
20 minutos.

EMPAREDADO DE JAMON PICADO

(2 raciones)

Necesitas:



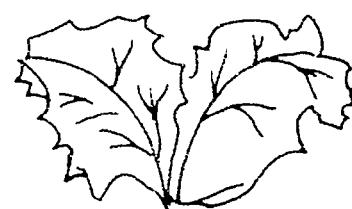
4 rebanadas de pan



1 latita de jamón picado



2 rebanadas de queso



2 hojas de lechuga



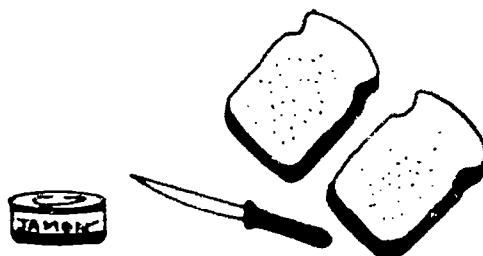
2 rebanadas de tomate



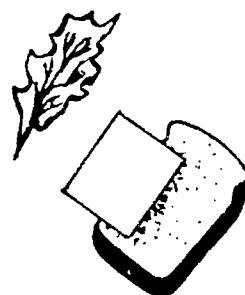
mayonesa a gusto

(Emparedado de Jamón Picado continuación)

Sigue estos pasos:



Esparce jamón al pan



Coloca el queso y lechuga al pan



Coloca mayonesa a la lechuga, pon el tomate y cúbrelo con la otra rebanada de pan

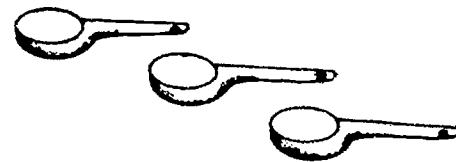
HOT DOGS GUIADOS

Necesitas:

2 raciones



4 "hot dogs"



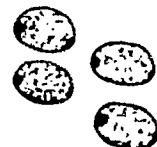
3 cucharadas salsa de tomate



1 cucharada de sofrito



1 cucharada de aceite



4 aceitunas



1 latita de maíz tierno



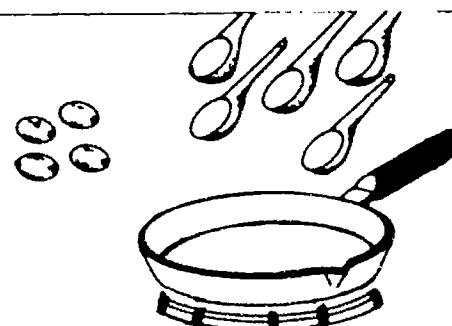
1-1/2 taza de agua

(Hot Dogs Guisados continuación)

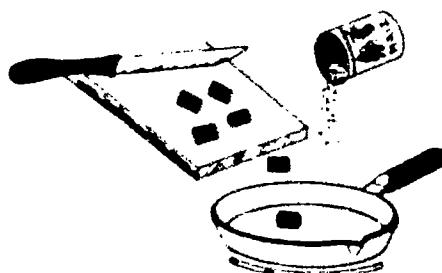
Sigue estos pasos



Pica los "Hot Dogs"



Echa el sofrito, salsa, aceite, aceitunas y sofríe...



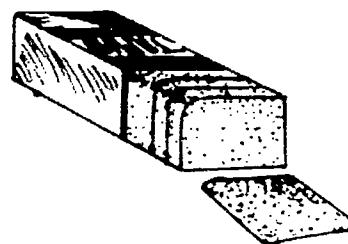
Echa los "Hot Dogs" y sofriá por 3 minutos a fuego lento.
Añade el maíz y el agua



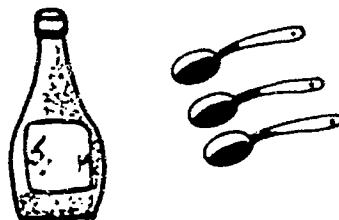
Tapa y cocina por 5 minutos.

JAMON EN SALSA DE PIÑA

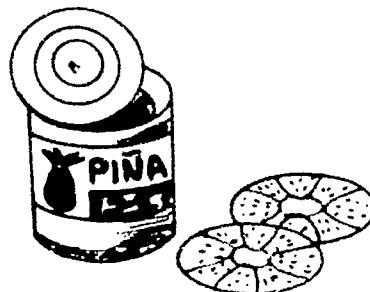
Necesitas:



1/2 libra de jamón en tajadas



3 chucharadas de syrup (almíbar)
sin color



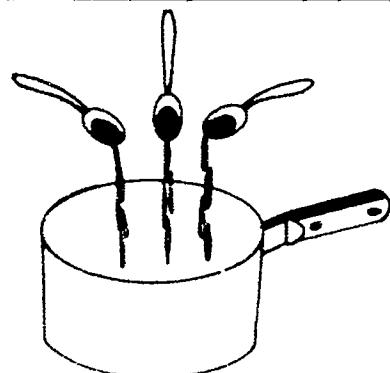
1 latita de piña en ruedas



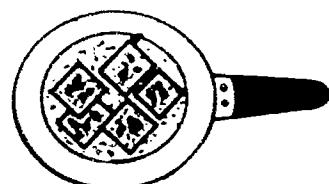
1 sobre de clavitos de especie

(Jamón en salsa de piña)

Sigue estos pasos



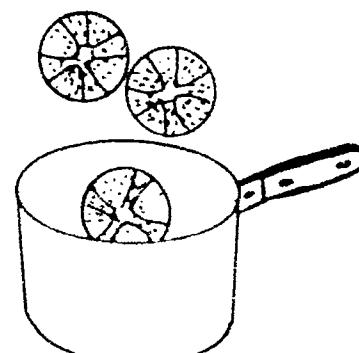
Echa 3 cucharadas de syrup (almíbar)



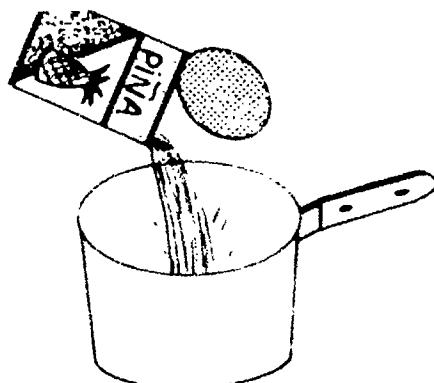
Cubre el fondo de la olla con jamón



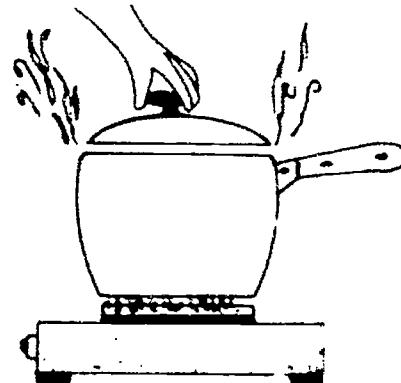
Añade los clavitos



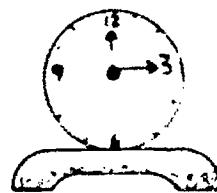
Añade la piña



Echa el jugo de la piña



Tapa a fuego lento por 15 minutos.

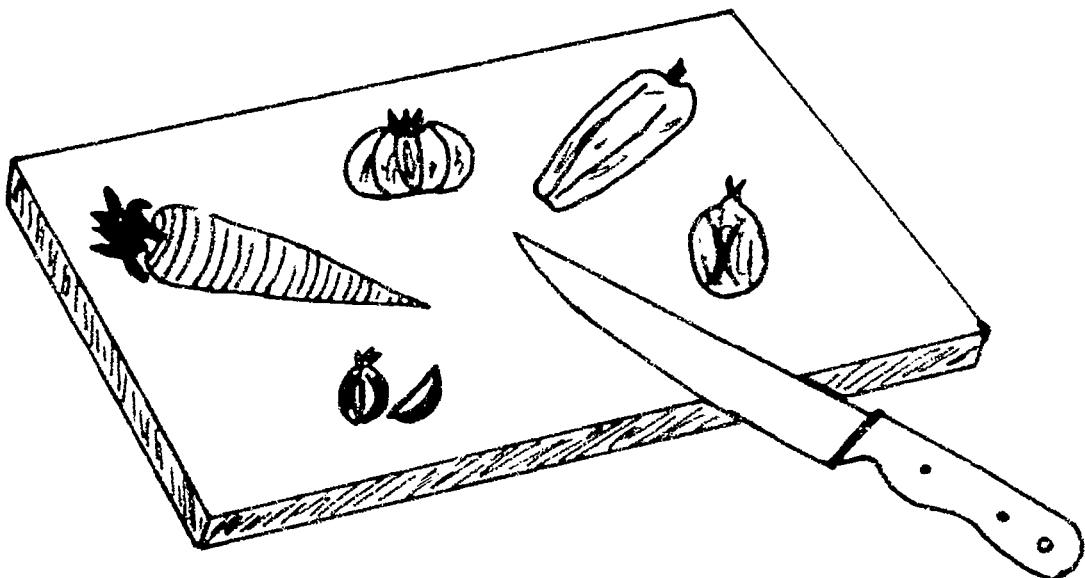


POLLO A LA JARDINERA

Necesitas



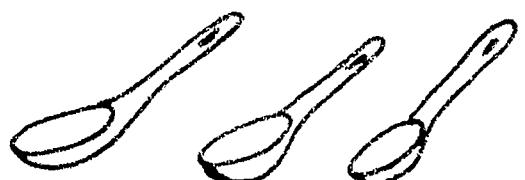
2 muslos con cadera adobados



cebolla, pimientos, ajo, tomate, zanahoria



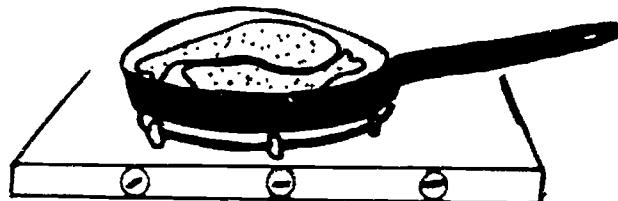
1 cucharada de vinagre



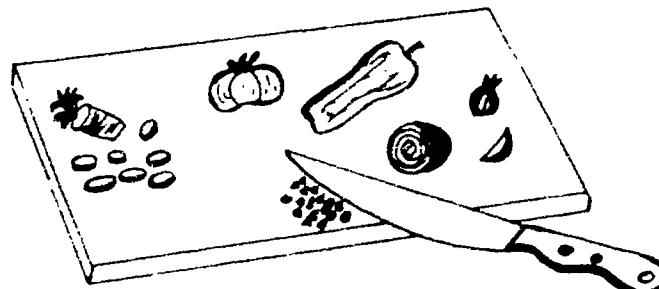
3 cucharadas de salsa

POLLO A LA JARDINERA (CONT.)

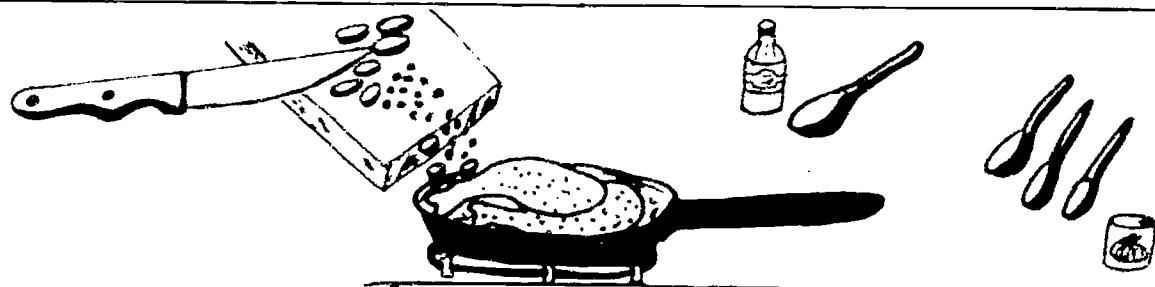
Sigue estos pasos



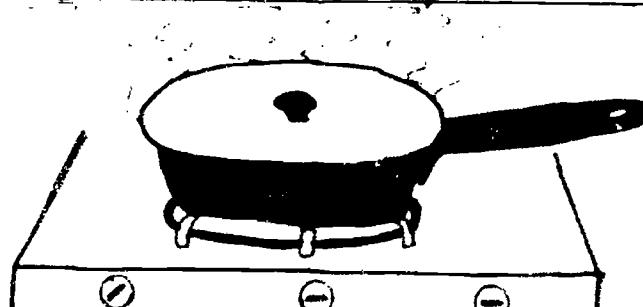
Coloca los muslos en el sartén, sofrie hasta que dore un poco



Pica la cebolla, pimientos, ajo, tomate y zanahoria



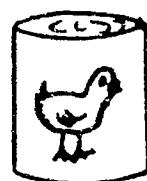
Añade todo a la carne



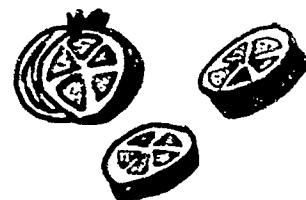
Tapa, mueve ocasionalmente hasta que esté cocido

EMPAREDADO DE POLLO

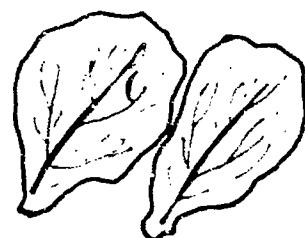
Necesitas



1 lata de pollo desmenuzado



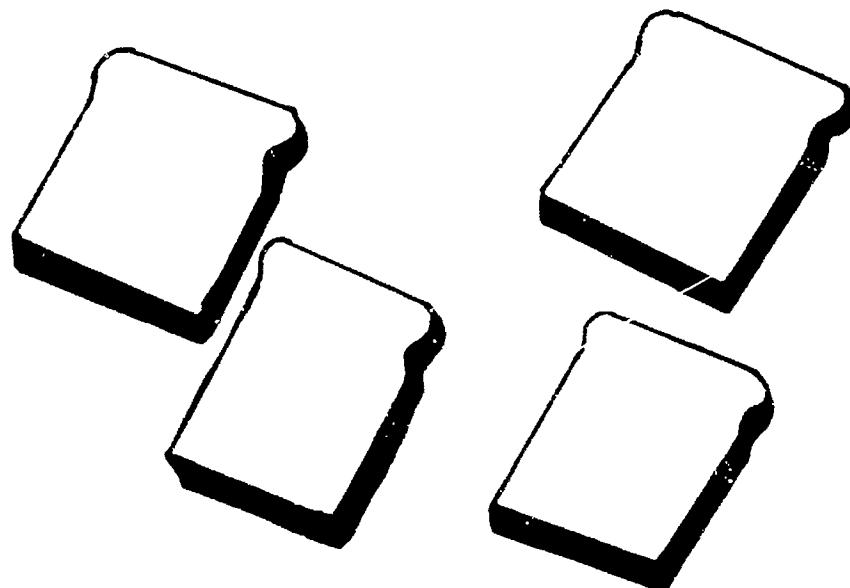
1 tomate



2 hojas de lechuga



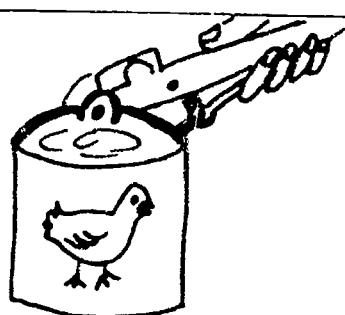
2 ruedas de cebolla



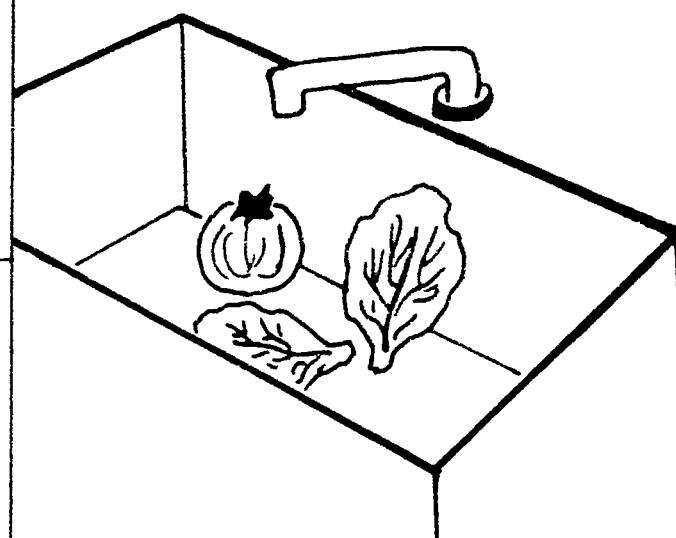
4 tajadas de pan

EMPAREDADO DE POLLO (CONT.)

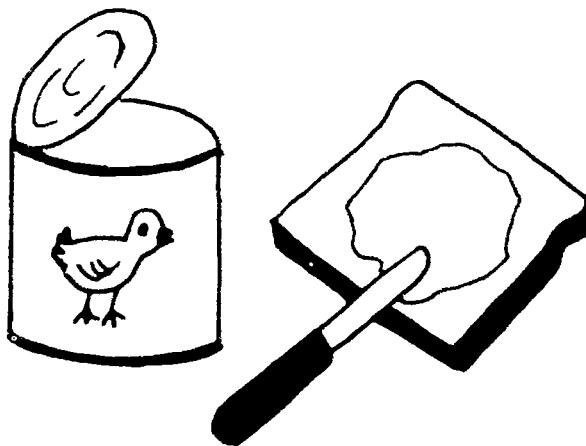
Sigue estos pasos



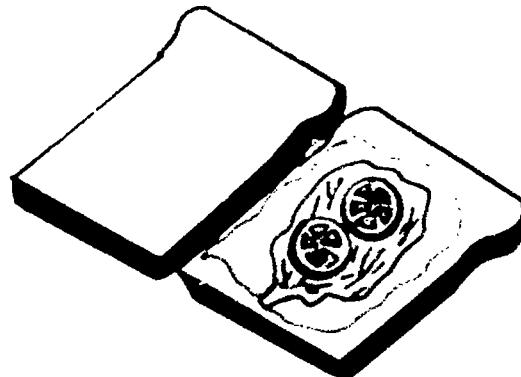
Abre la lata



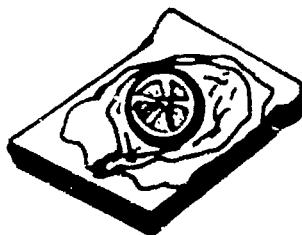
Lava el tomate y la lechuga



Coloca una cucharada de pollo sobre el pan



Tápalo con otra tajada de pan



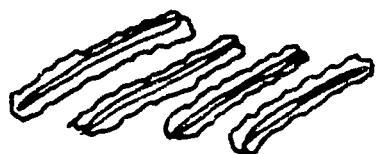
Coloca una hoja de lechuga y una rueda de tomate

CARNES Y PESCADO

90

EMPAREDADO DE TOCINETA ENTOMATADA

Necesitas:



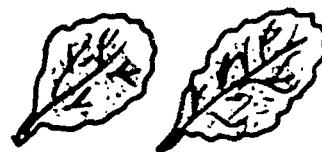
4 lonjas de tocineta



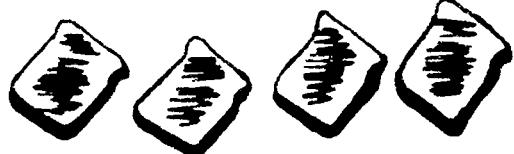
2 rebanadas de queso



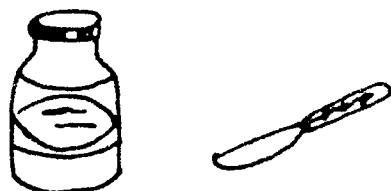
4 rebanadas de tomate



2 hojas de lechuga



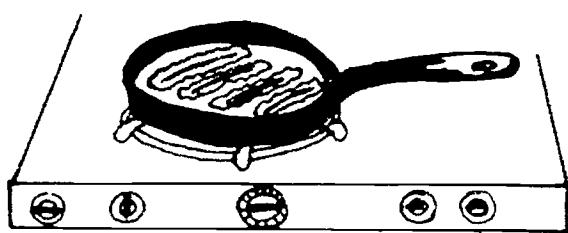
4 rebanadas de pan



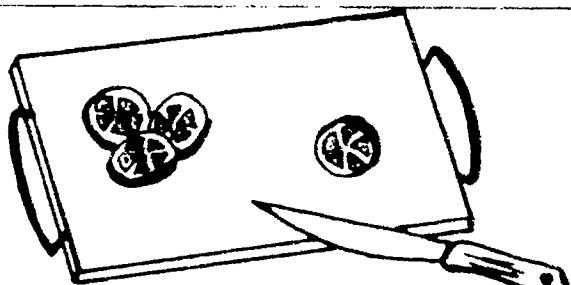
Mayonesa a gusto

(Cont. Tocineta Entomatada)

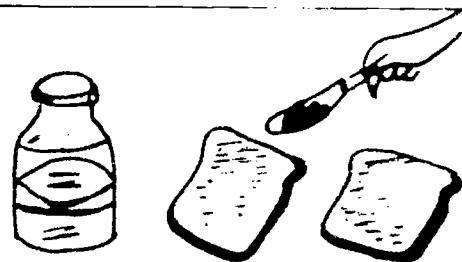
Sigue estos pasos



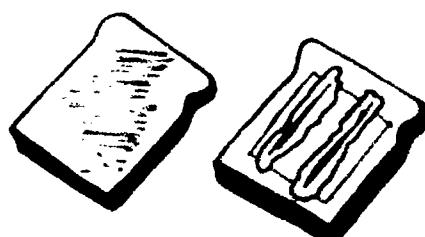
Frie la tocineta a fuego moderado
(Medium)



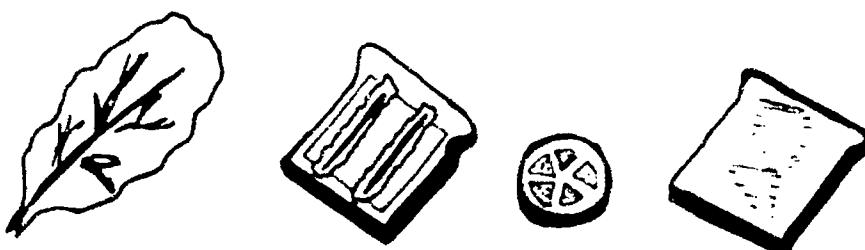
Rebane el tomate



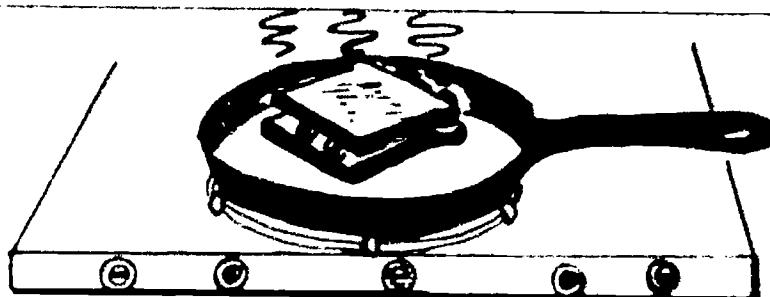
Esparsa mayonesa al pan



Coloca el queso y tocineta al pan



Añade lechuga y tomate al pan y cúbrello con otra rebanada de pan



Calienta en la sartén a fuego lento por ambos lados

BISTEC ENCEBOLLADO

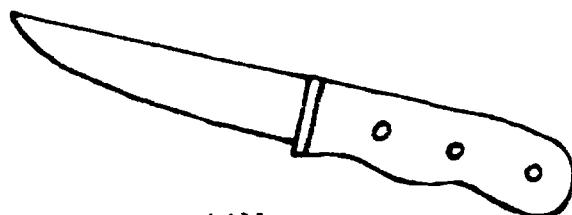
Necesitas



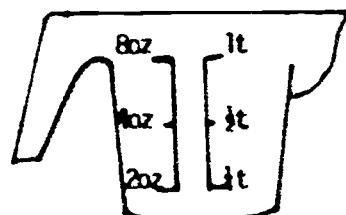
sartén



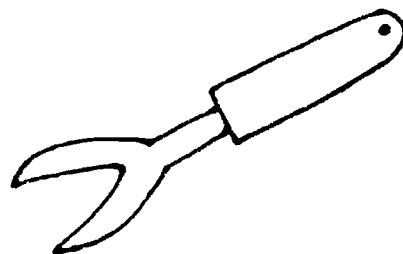
cucharitas de medir



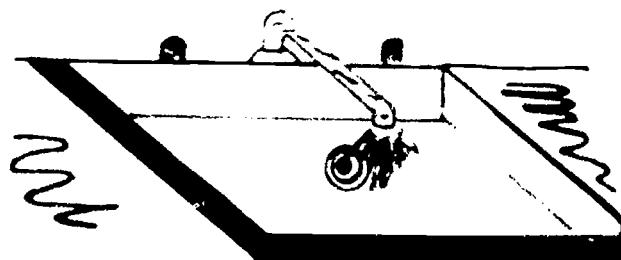
cuchillo



taza de medir



tenedor para freir



aguja

BISTEC ENCEBOLLADO (CONT.)

Sigue estos pasos



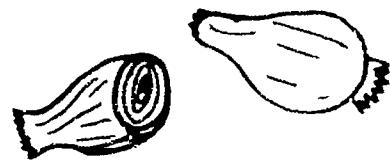
aceite para freir



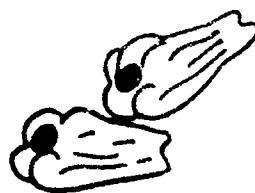
2 cucharadas de adobo



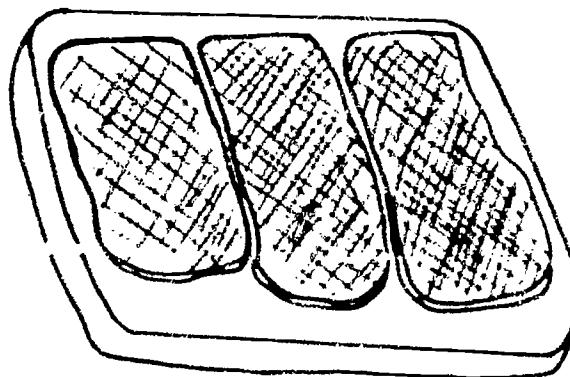
1 cucharada de vinagre



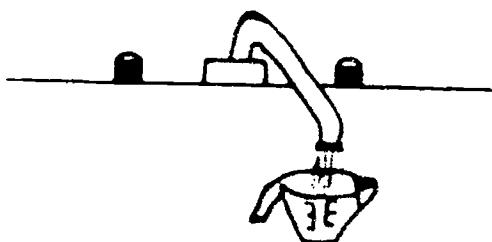
2 cebollas



2 pimientos verdes



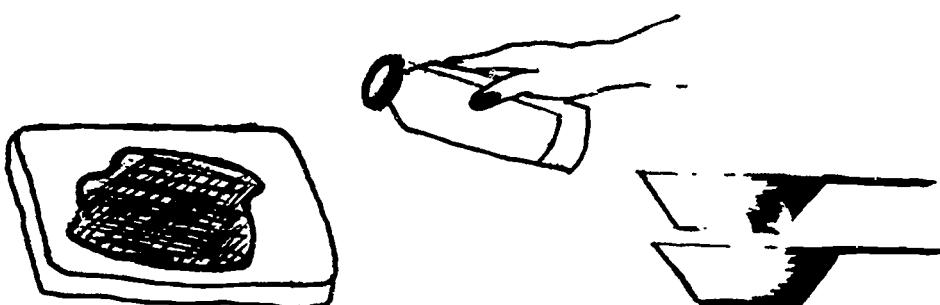
1½ libra de bistec de babilla



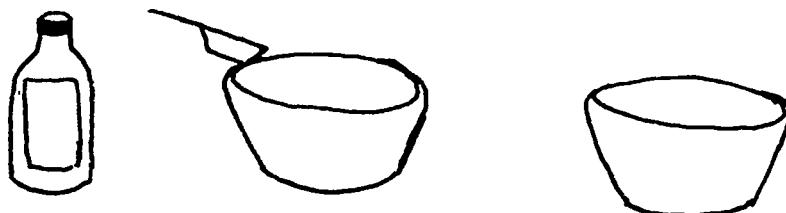
agua

BISTEC ENCEBOLLADO (CONT.)

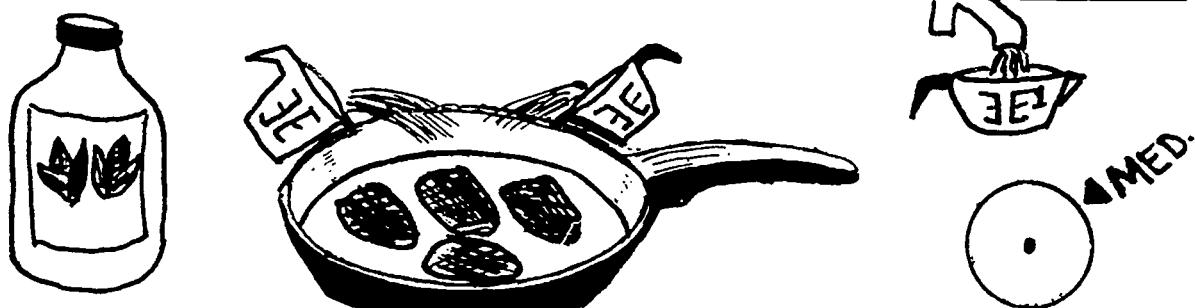
Sigue estos pasos



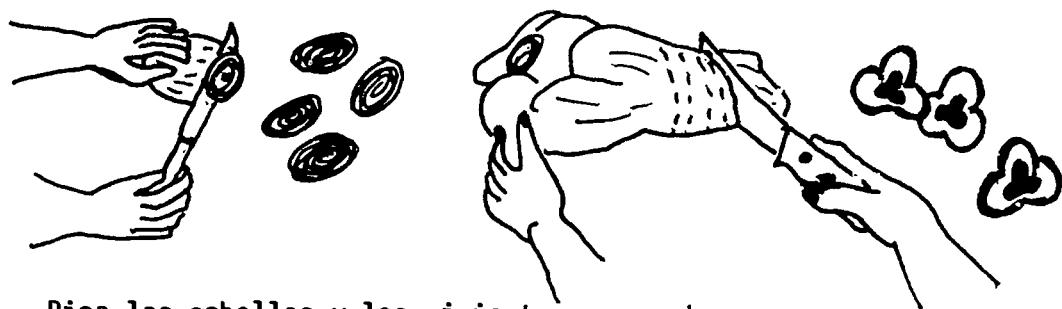
Sazona la carne con adobo



Añade el vinagre y mezcle bien



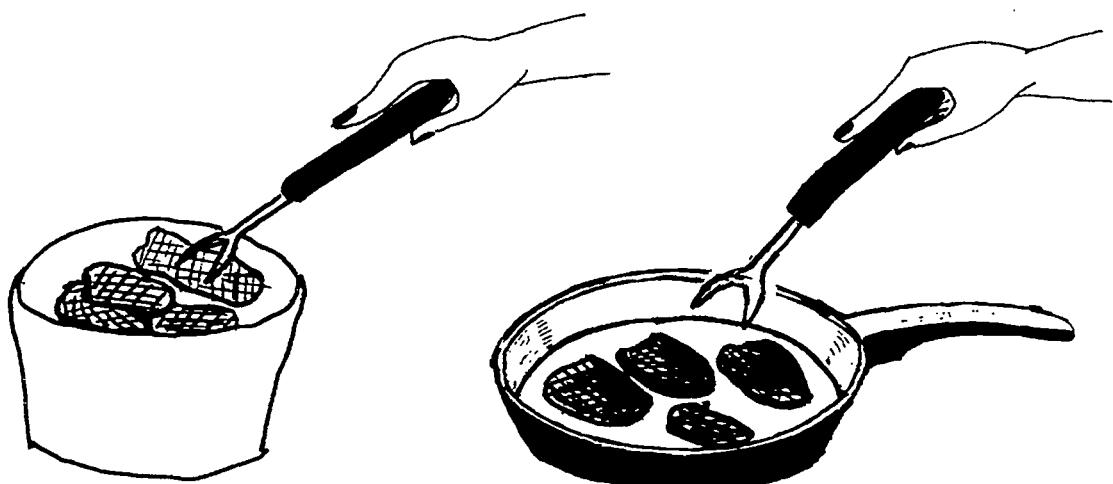
Echa en la sartén el agua, el aceite y caliente



Pica las cebollas y los pimientos en ruedas

BISTEC ENCEBOLLADO (CONT.)

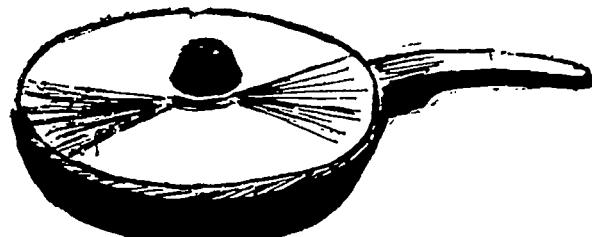
Sigue estos pasos



Echa los bistec en la sartén



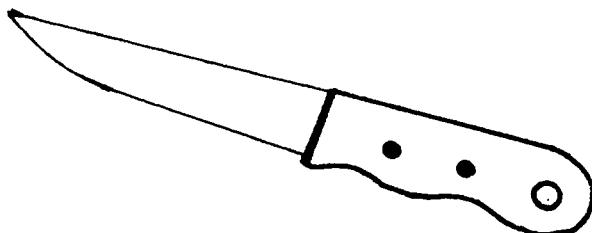
Añade de las cebollas y pimientos picados



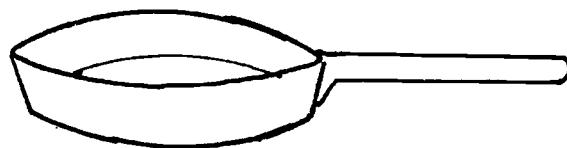
Tapa la sartén y cocina hasta que estén blandas

Canoas de Plátano Borincanas

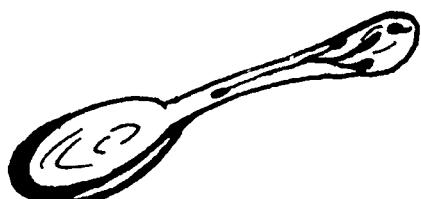
Necesitas:



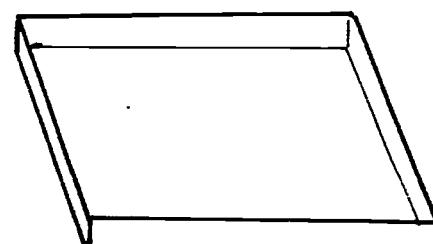
cuchillo



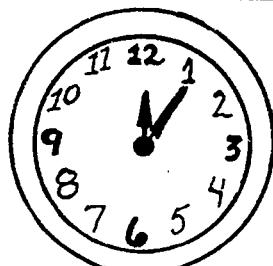
sartén



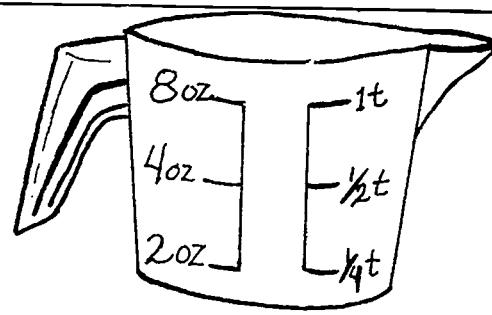
cuchara



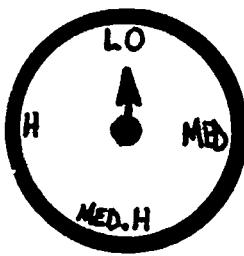
molde



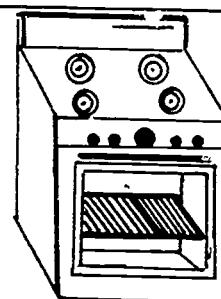
reloj



taza de medir

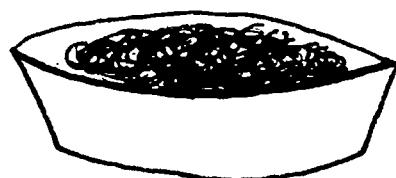


medidor de temperatura

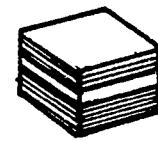
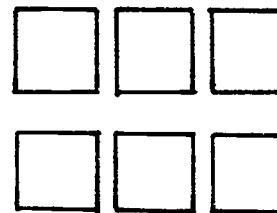


horno

Sigue estos pasos



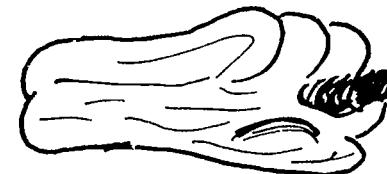
1 libra de carne molida ya preparada (ver receta anterior)



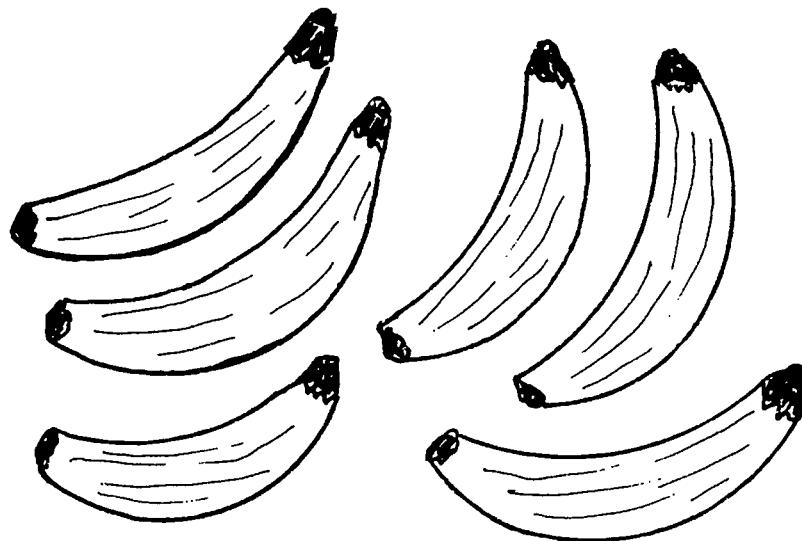
6 lascas de queso



aceite para freir 1 taza

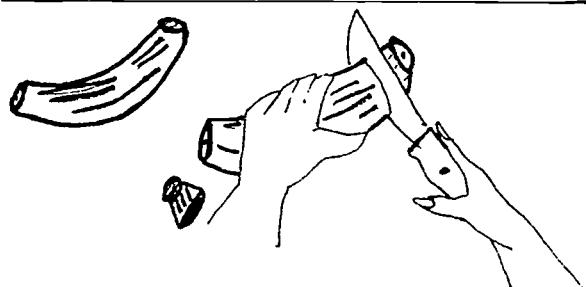


1 pimiento

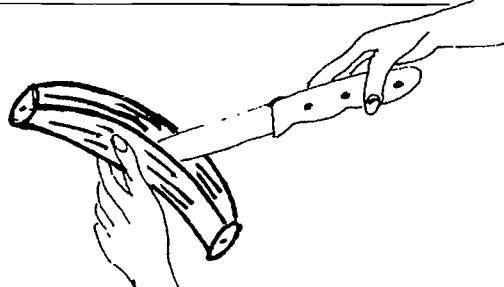


6 plátanos maduros

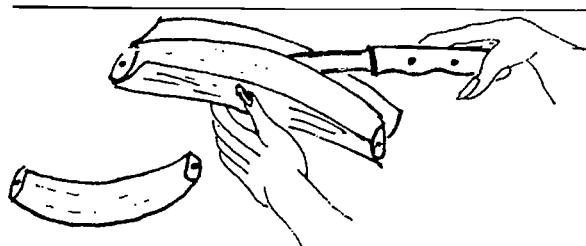
Sigue estos pasos



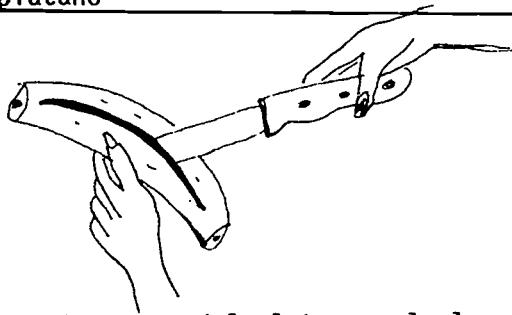
Corta los extremos de los plátanos



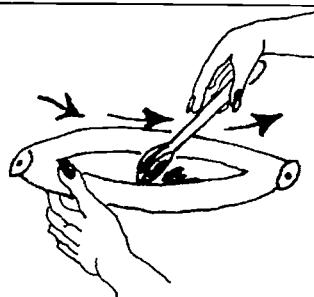
Da un corte a la cáscara a lo largo del plátano



Monda los plátanos por el corte separándolos de la cáscara



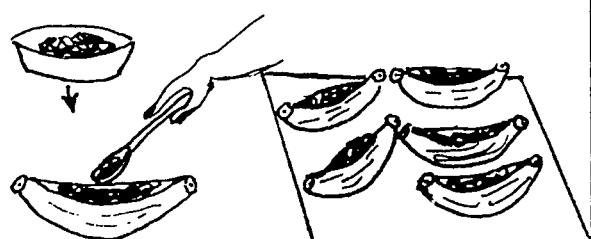
Ahueca el centro del platano a lo largo



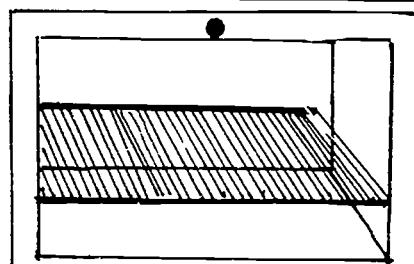
Luego ahueca con una cuchara



Fríe los plátanos por 5 minutos en temperatura media

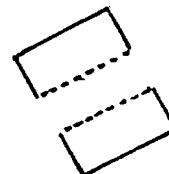
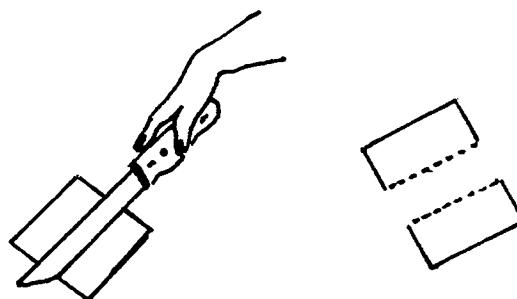
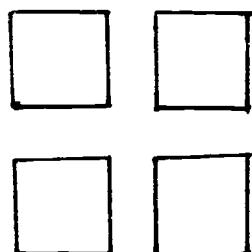


Rellena cada plátano



Prende el horno a 350°F

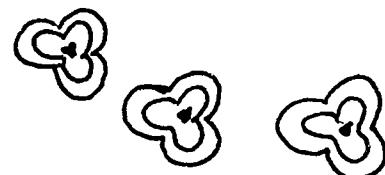
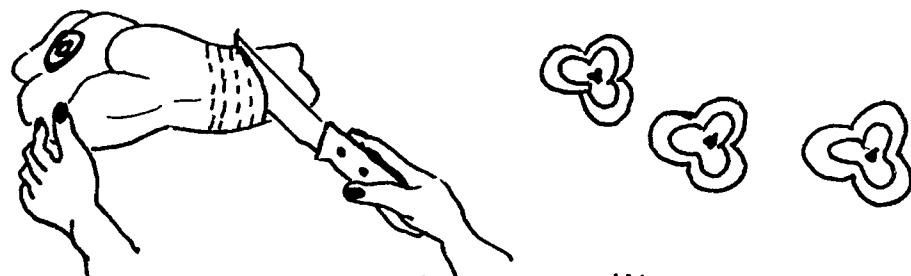
Sigue estos pasos



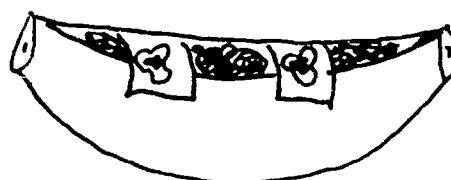
Divide las seis lascas de queso en dos mitades



Coloca dos mitades de queso sobre cada canoa

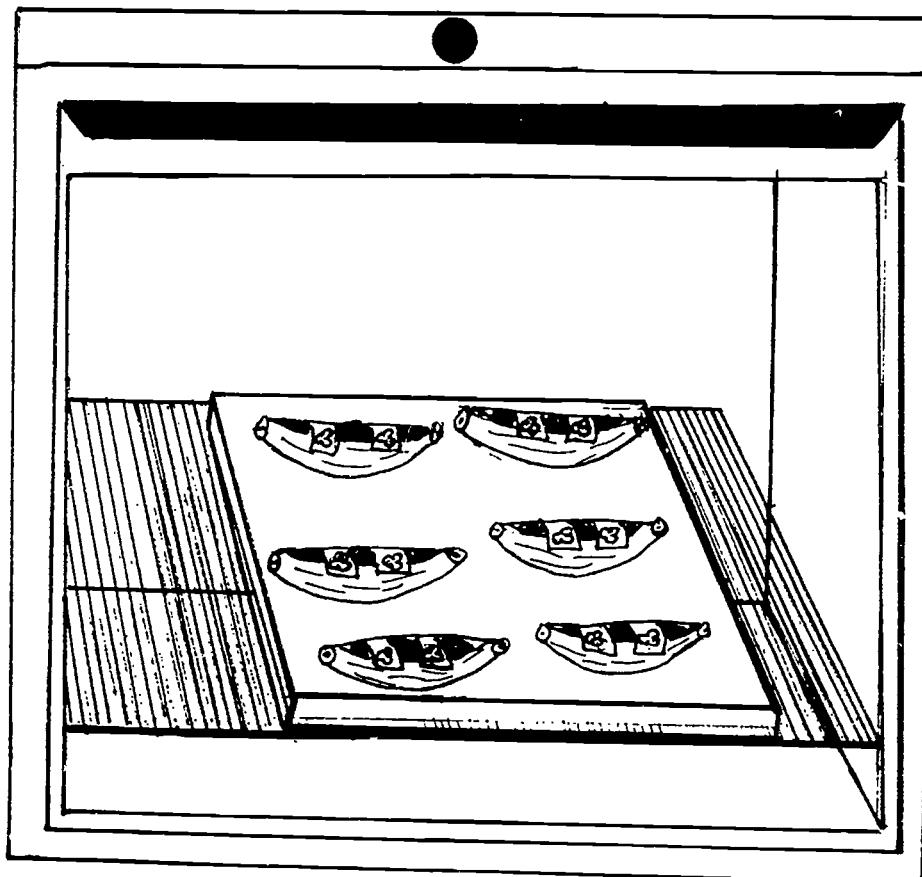
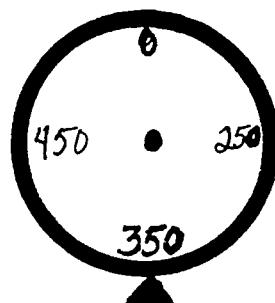
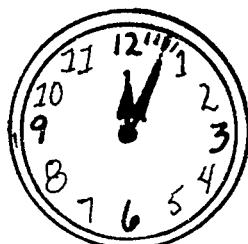


Rebana o corta el pimiento en rueditas



Coloca las rueditas de pimiento sobre el queso

Sigue estos pasos



Coloca las canoas sobre un molde en el horno por 3 minutos

Carne Molida Guisada

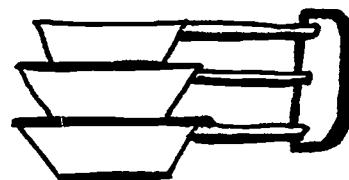
Necesitas:



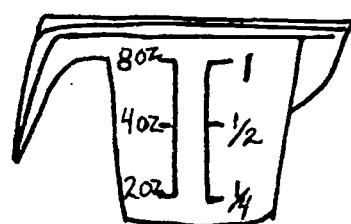
sartén



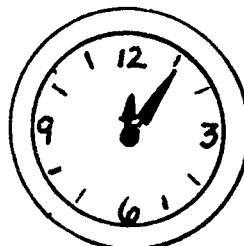
cucharón



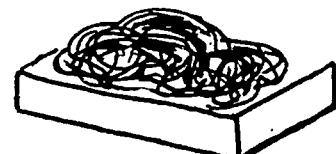
cucharitas de medir



taza de medir



reloj



1 libra de carne molida



1 sobrecito de sazón con achiote



1/2 cucharadita de sal

Sigue estos pasos



3 cucharaditas de sofrito



1 cucharada de aceite

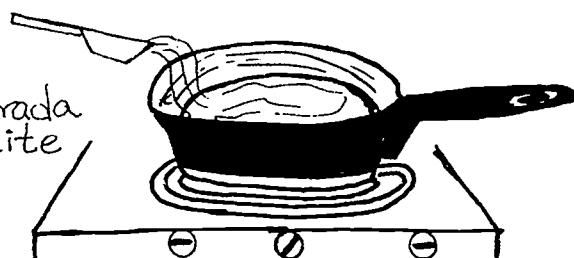


1/2 taza de salsa de tomate

Sigue estos pasos



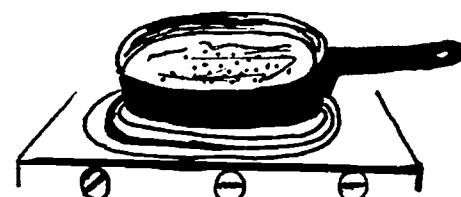
1 Cucharada
de Aceite



Coloca la sartén en el fuego y añádele el aceite



3 Cucharadas



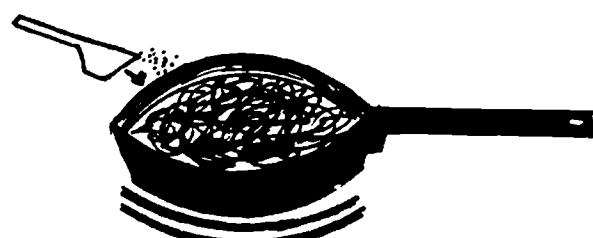
Echa el sofrito en el aceite caliente



Añade la carne molida y cocine a fuego medio

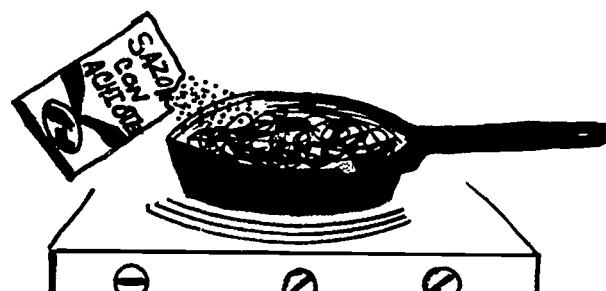


1 Cucharadita

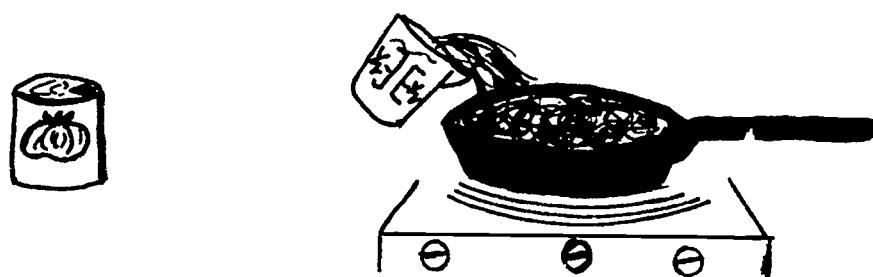


Cuando se dore la carne échale la sal

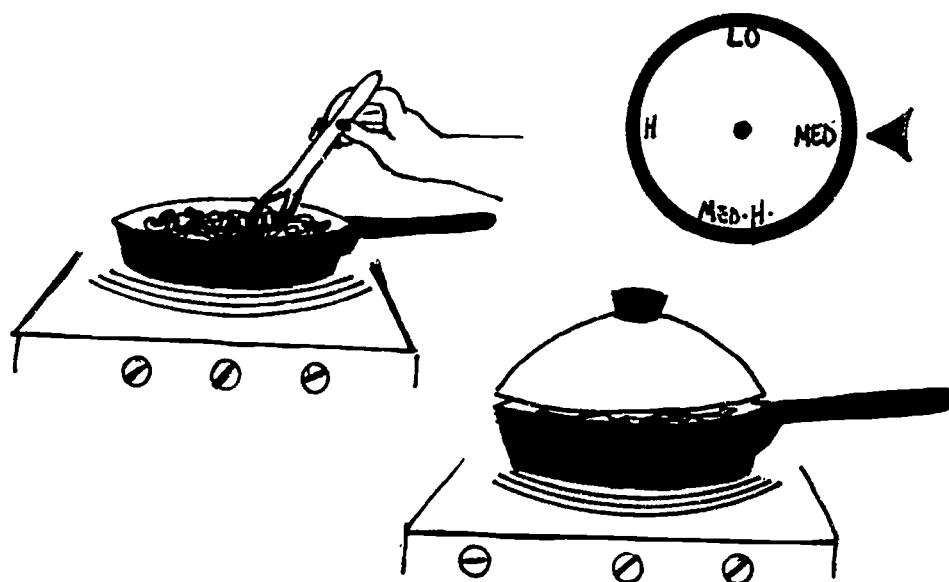
Sigue estos pasos



Echale un sobrecito de sazón



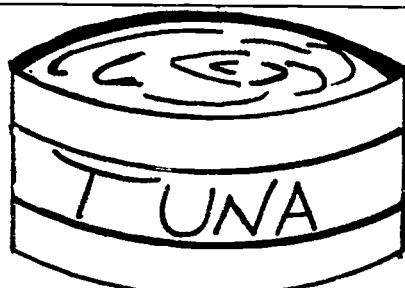
Echa media taza de salsa de tomate



Mueve y cocina a fuego medio por 15 minutos

ENSALADA DE TUNA FISH

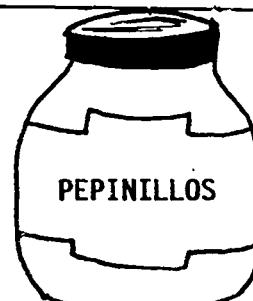
Necesitas:



tuna



Lechuga



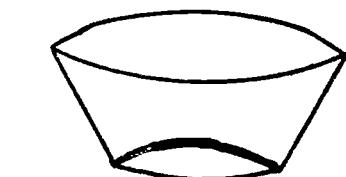
pepinillos picados



mayonesa

ENSALADA DE TUNA FISH (CONT.)

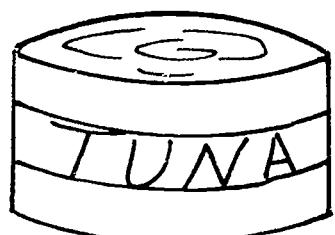
Sigue estos pasos



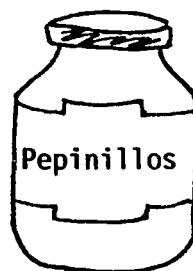
coloca en un envase



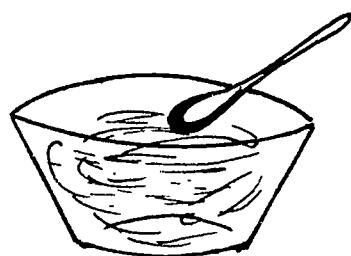
mayonesa



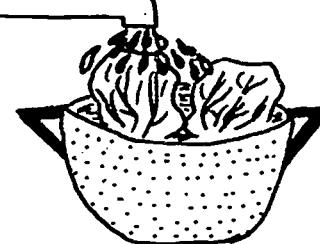
1 lata de tuna



una cucharada de pepinillos picados



mezcla



lava y escurra la lechuga



coloca hojas de lechuga sobre un plato



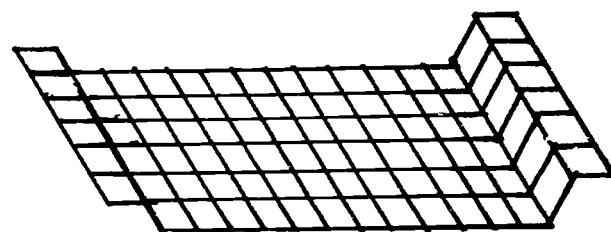
vierte la mezcla sobre éstas por cucharadas

PESCADO FRITO EMPANADO

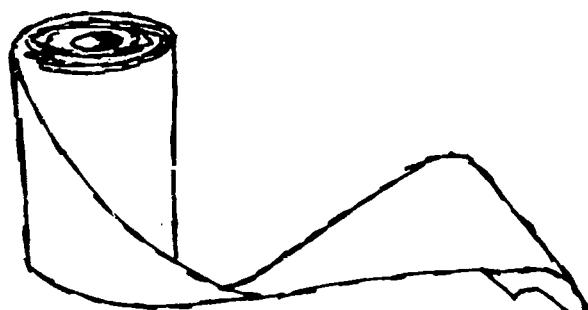
Necesitas:



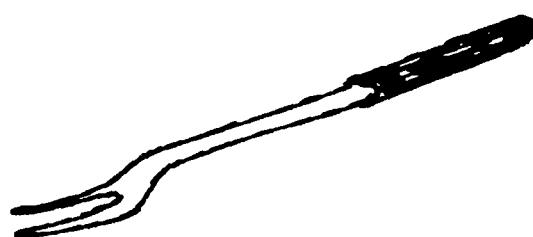
sartén



parrilla escurridora



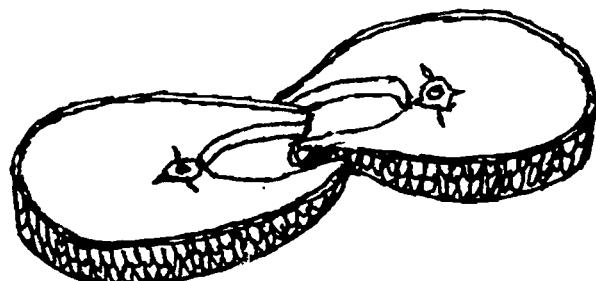
papel absorbente



tenedor de freir



harina de trigo



ruedas de pescado



sal de ajo



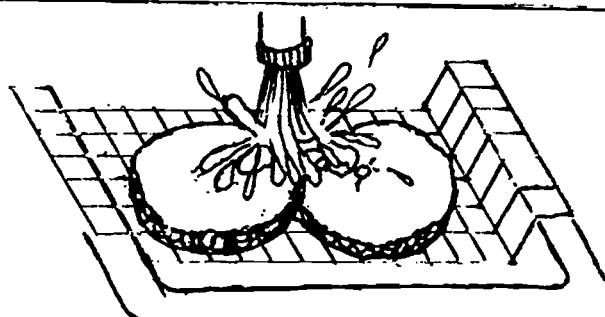
sal



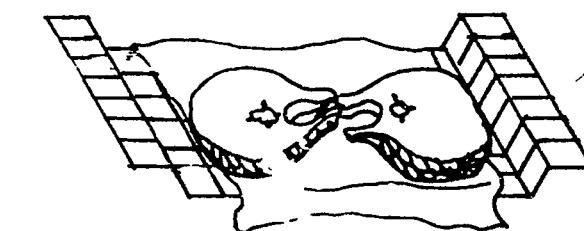
aceite

PESCADO FRITO EMPANADO (CONT.)

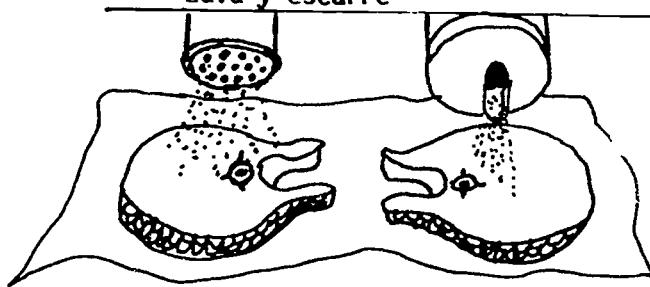
SIGUE ESTOS PASOS



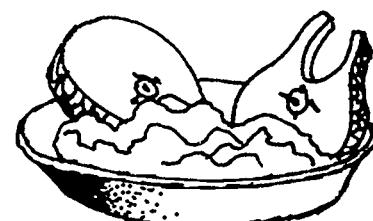
Lava y escurre



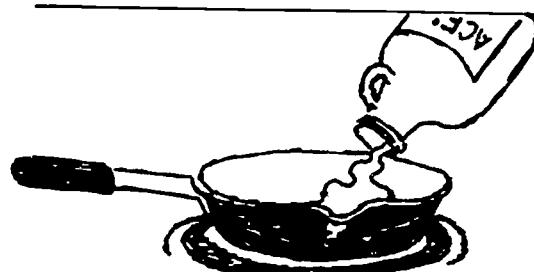
Seca cada rueda de pescado



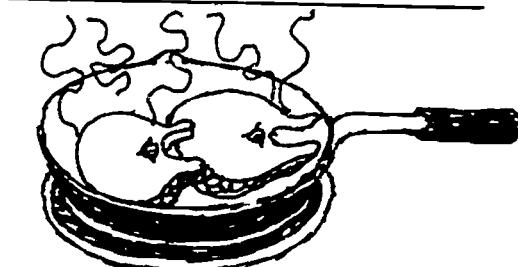
Sazona con sal y sal de ajo a gusto



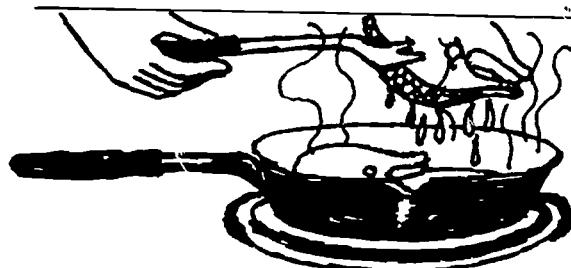
Envuelve las ruedas de pescado en la harina



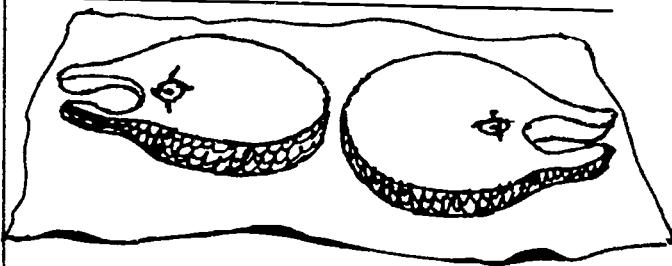
Calienta el aceite a fuego moderado en la sartén



Echa el pescado a freir a fuego moderado por 20 minutos volteándolo hasta que dore



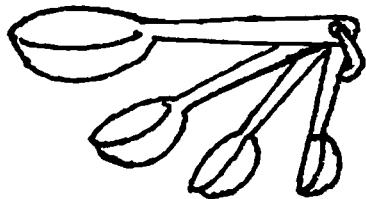
Saca el pescado



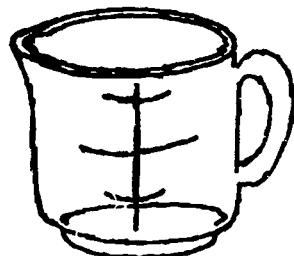
Escúrrelo sobre papel absorbente

SERENATA DE BACALAO

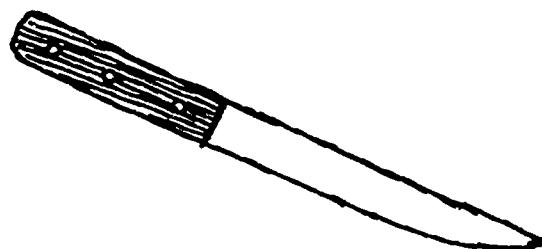
Necesitas:



cucharaditas para medir



taza de medir



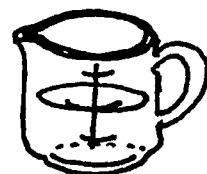
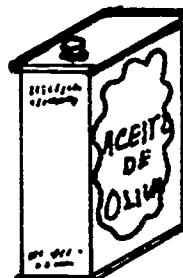
cuchillo



1 taza de bacalao desmenuzado



envase



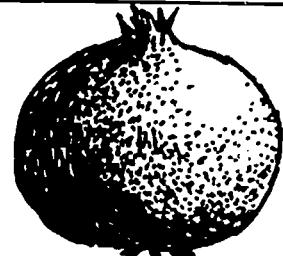
1 taza de aceite de oliva



sal



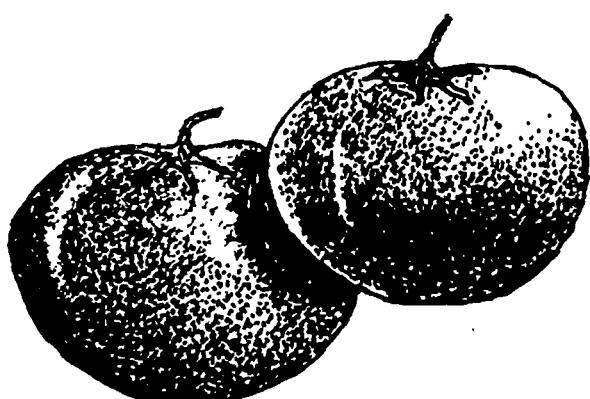
pimienta



1 libra de cebollas

SERENATA DE BACALAO (CONT.)

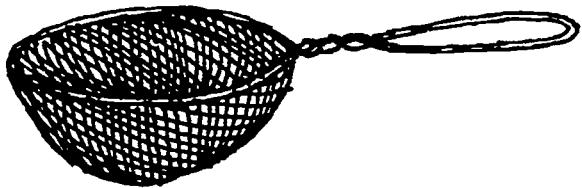
SIGUE ESTOS PASOS



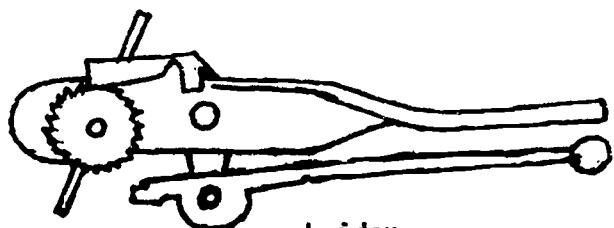
1 libra de tomates



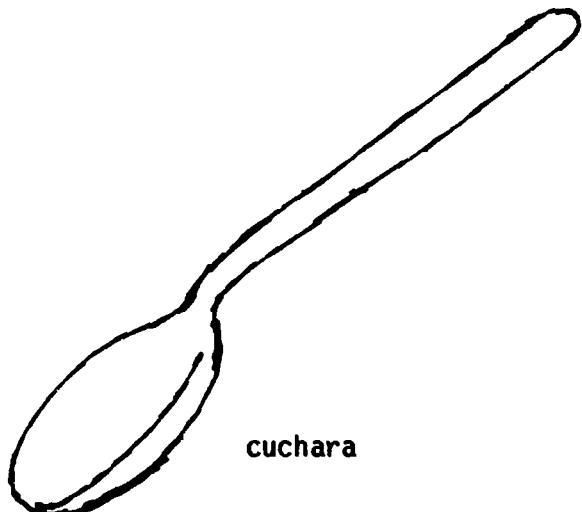
½ taza de vinagre



escurridor



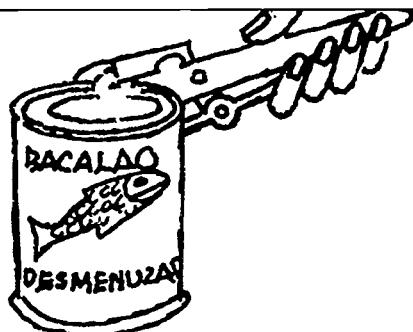
abridor



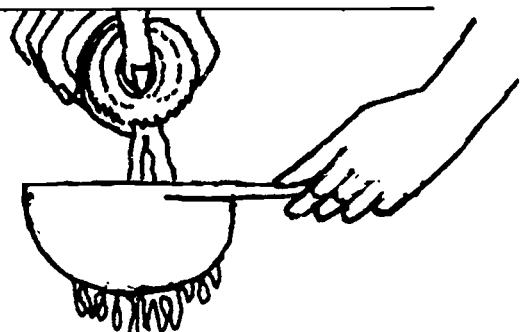
cuchara

SERENATA DE BACALAO (CONT.)

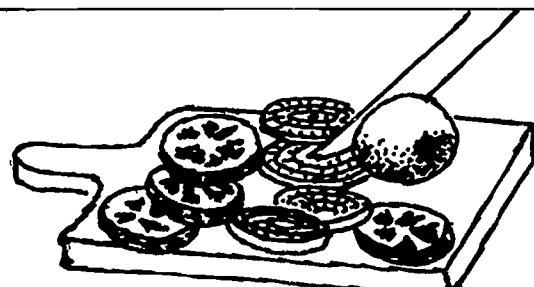
SIGUE ESTOS PASOS



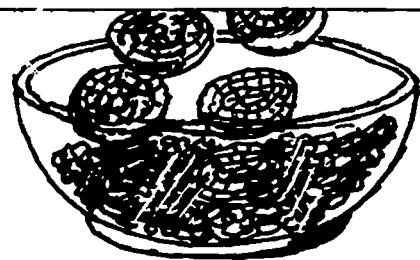
Abre la lata del bacalao desmenuzado



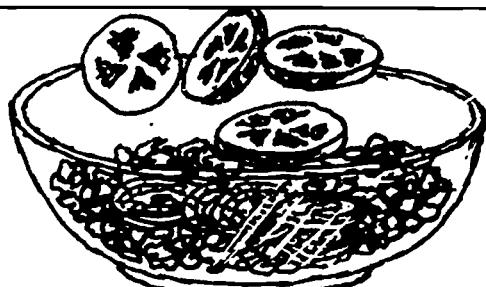
Echa el bacalao en un escurridor para evitar exceso de líquido



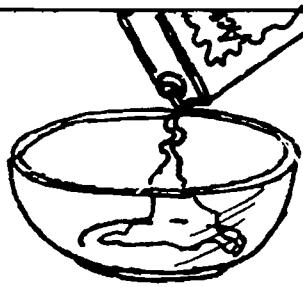
Pica las cebollas y los tomates en ruedas



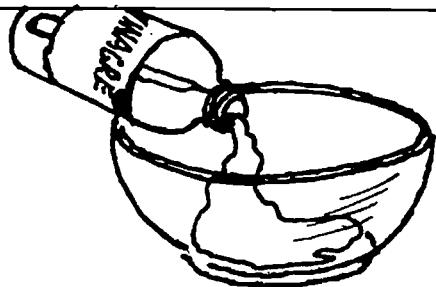
Coloca el bacalao en un envase y echa las cebollas



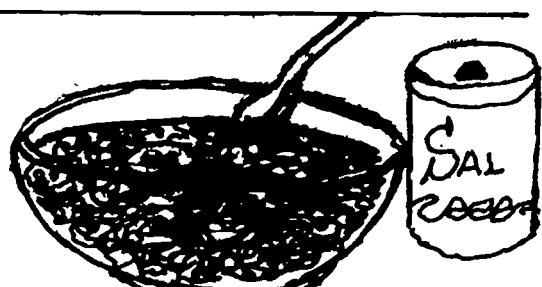
Echa los tomates cortados en ruedas



Toma un envase para preparar la salsa, echa el aceite



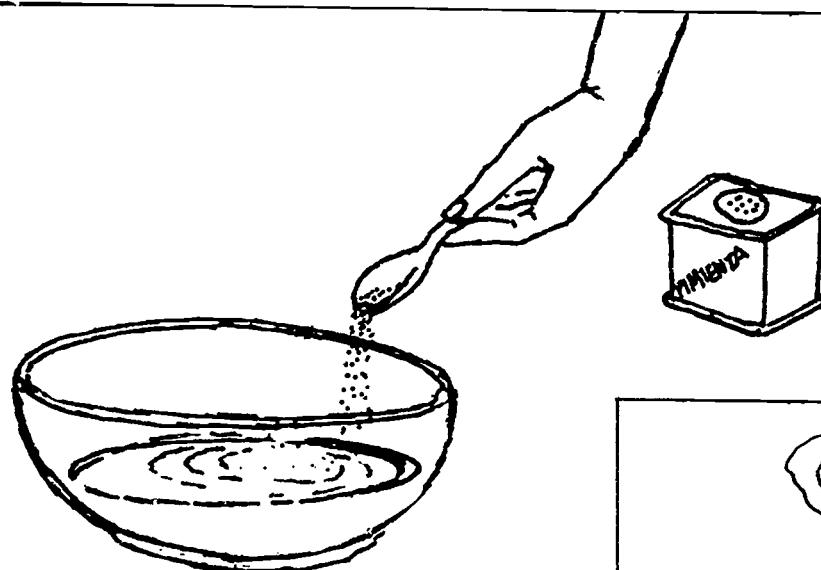
Echa el vinagre



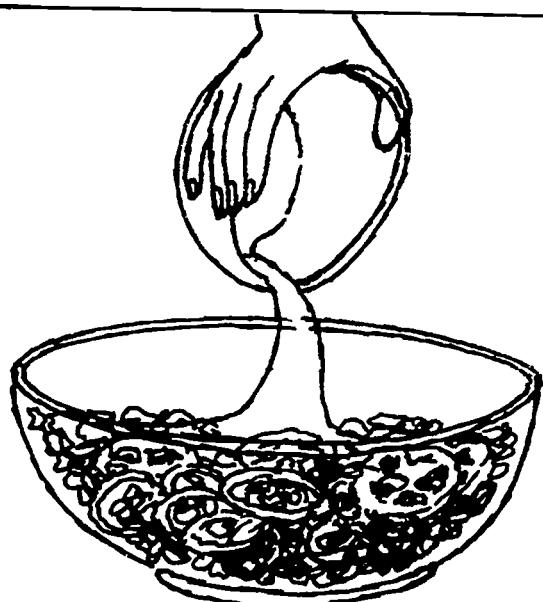
Echa la sal

SERENATA DE BACALAO (CONT.)

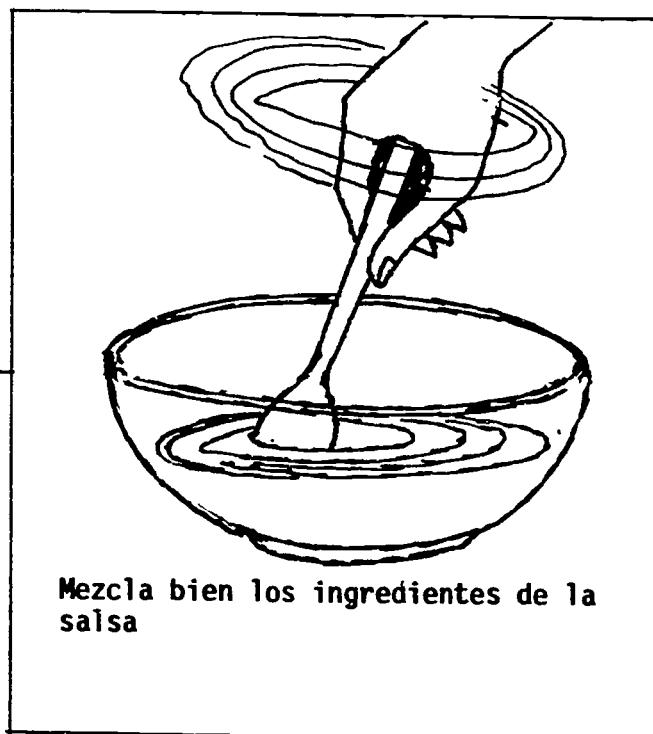
SIGUE ESTOS PASOS



Echa la pimienta



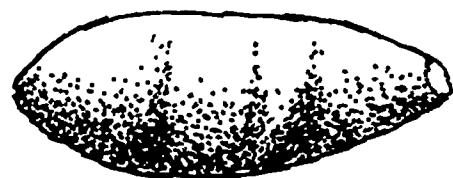
Echa la salsa sobre el bacalao



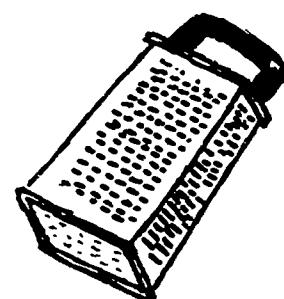
Mezcla bien los ingredientes de la salsa

VEGETALES Y FRUTAS

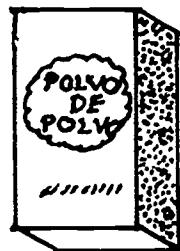
BUÑUELO DE ÑAME



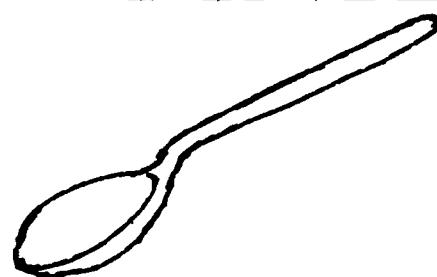
ñame



guallo



polvo de hornear



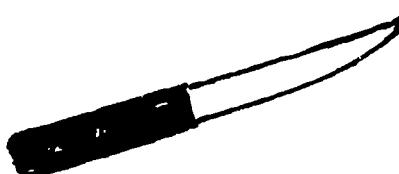
cuchara mediana



sartén



1 cucharadita



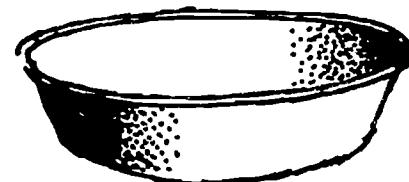
cuchillo



aceite vegetal



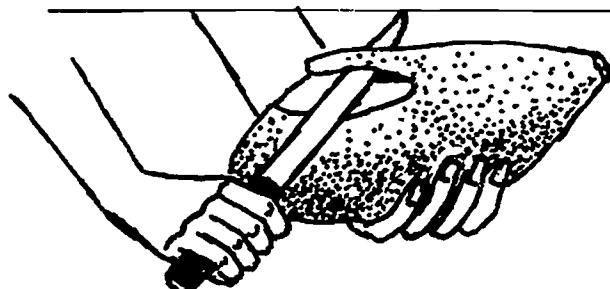
sal



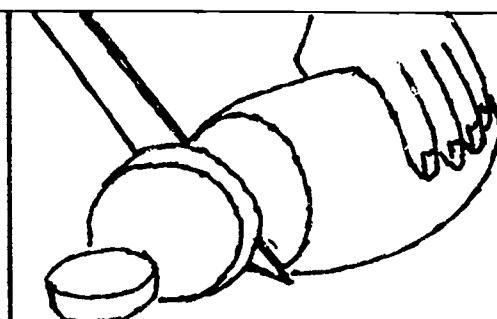
escudilla

(Buñuelo de Ñame continuación)

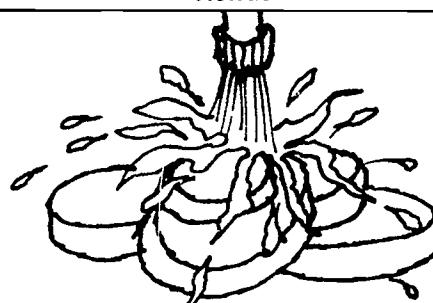
Sigue estos pasos



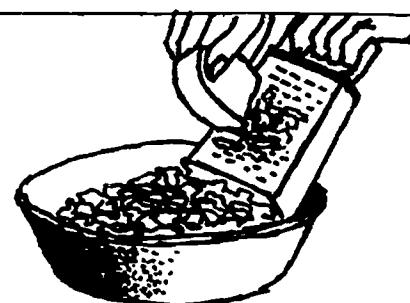
Monda



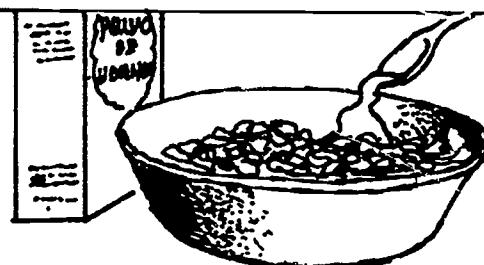
Rebana



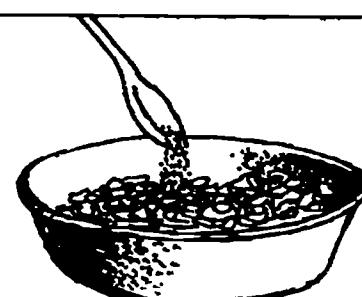
Lava



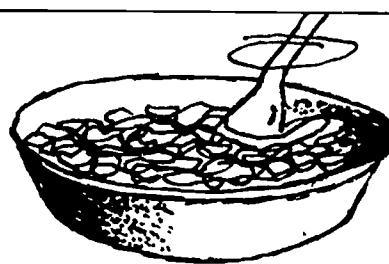
Gualla



Echa una cucharadita de polvo de hornear



Echale dos cucharaditas de sal



Mezcla



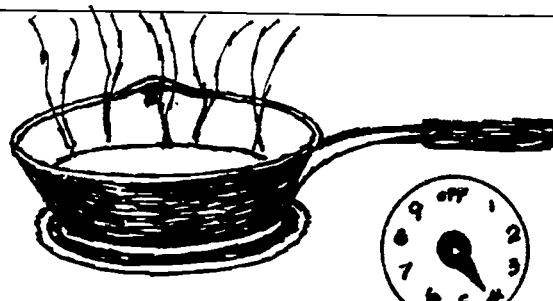
Echale aceite a la sartén

(Buñuelo de Ñame continuación)

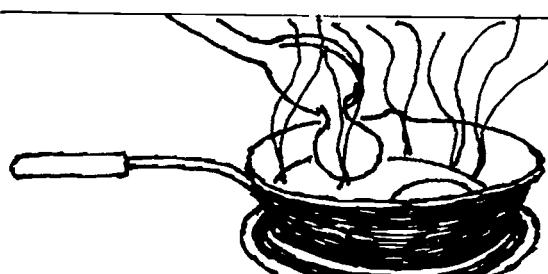
Sigue estos pasos



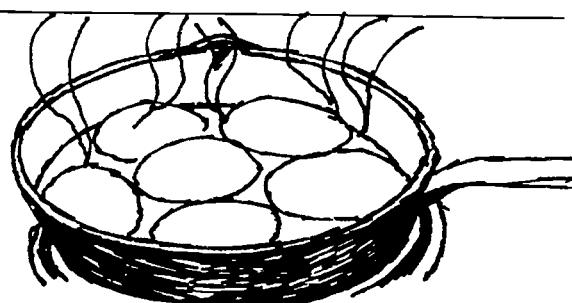
Coloca la sartén en la estufa



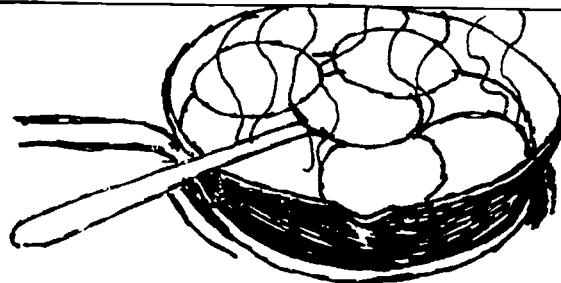
Enciende en fuego medianamente alto



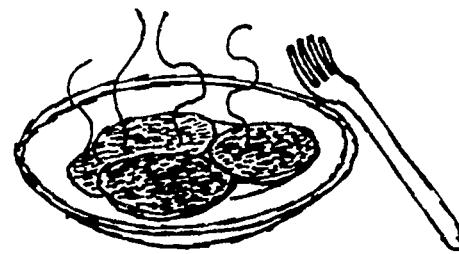
Echa la masa por cucharadas, en la sartén



Dora



Vira



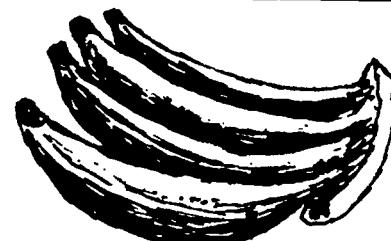
Sirve caliente

GUINEOS EN ESCABECHE

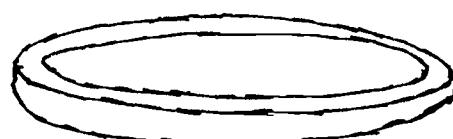
Necesitas



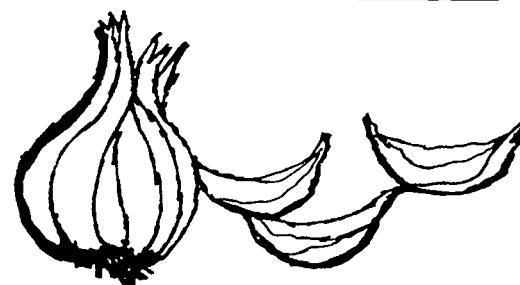
sal



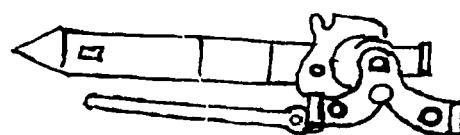
guineos verdes



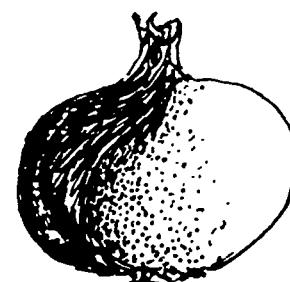
picador



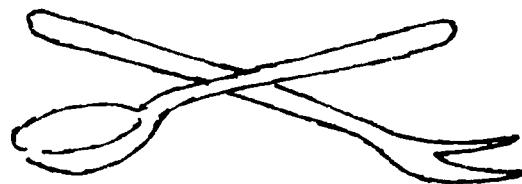
ajo



abridor



cebolla



cucharón y tenedor

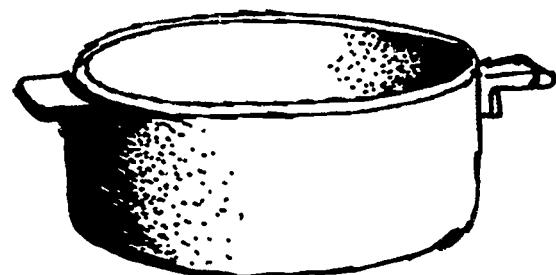


una lata pimientos morrones

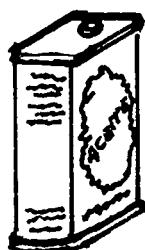
Sigue estos pasos



hoja de laurel



olla



aceite de oliva



pilón



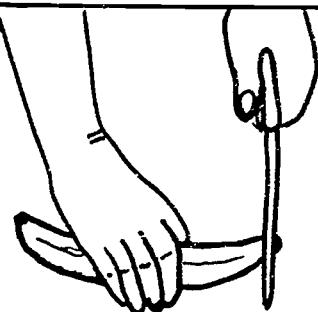
sartén



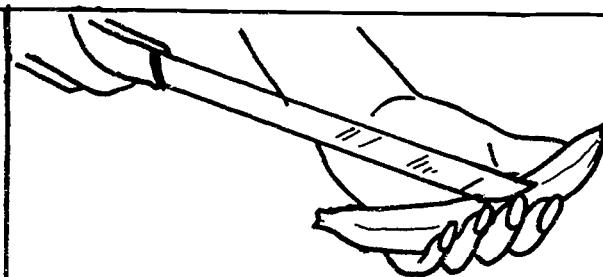
cuchillo

(Guineos en escabeche continuación)

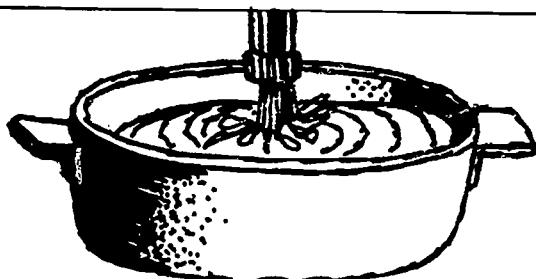
Sigue estos pasos



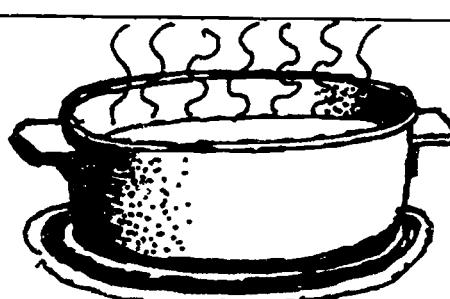
Corta los extremos



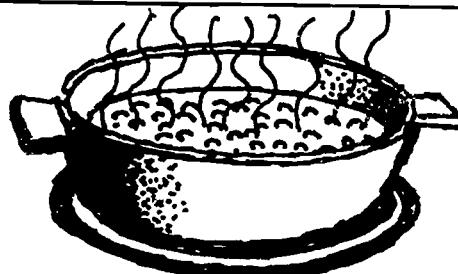
Da un corte en el centro



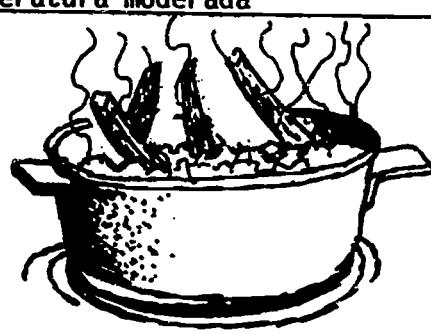
Echa agua



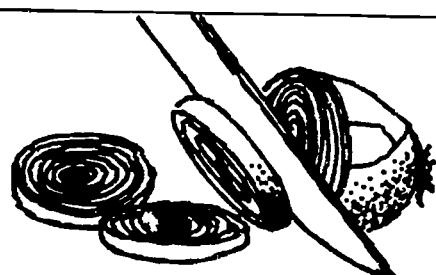
Coloca la olla en la hornilla y enciende a temperatura moderada



Hierve el agua



Añade los quineos

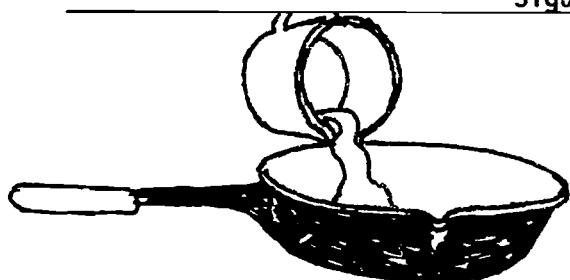


Pela y rebana la cebolla



Pela los ajos

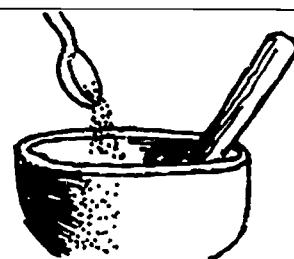
Sigue estos pasos



Echa 2 taza de aceite de
oliva a la sartén



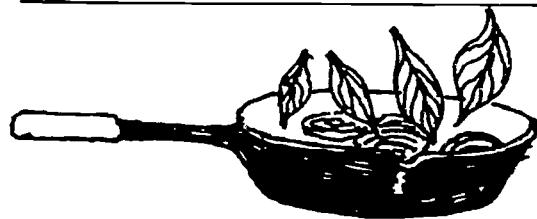
Machaca los ajos



Añade dos cucharaditas de sal



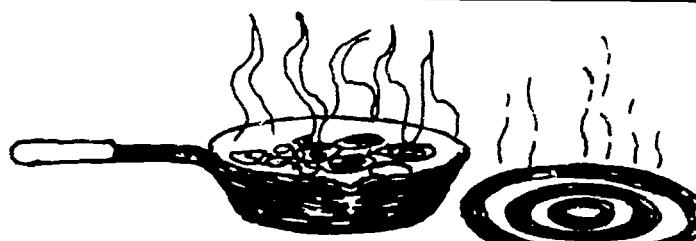
Echa el ajo machacado y la cebolla
a la sartén



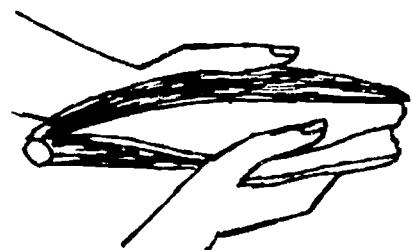
Añade las hojas de laurel



Sofríe a fuego moderado



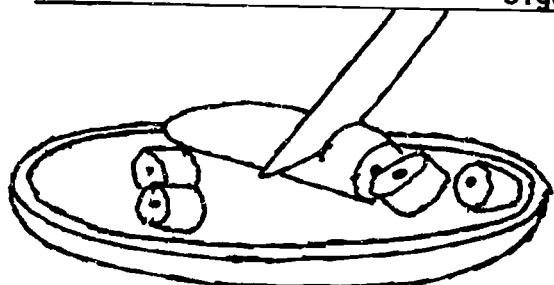
Retira del fuego



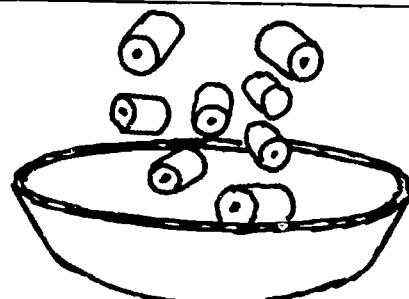
Quita la cáscara

(Guineos en escabeche continuación)

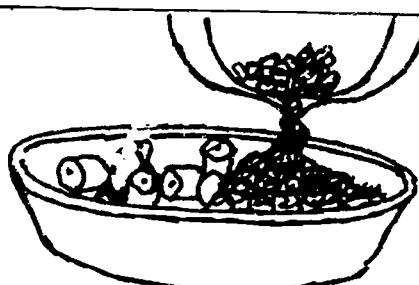
Sigue estos pasos



Pica



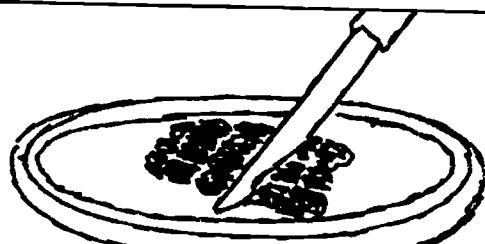
Echa en la escudilla



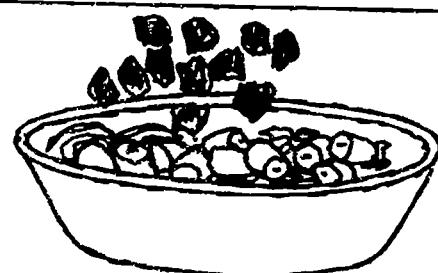
Añade la salsa



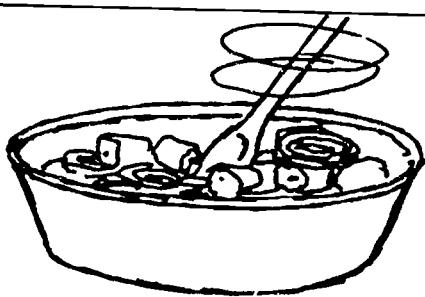
Abre la lata de pimientos morrones



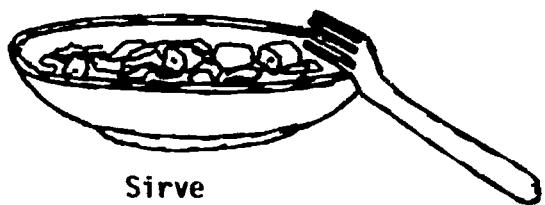
Pica los pimientos



Mueve



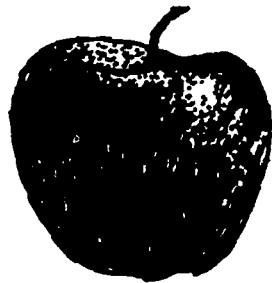
Añade los pimientos



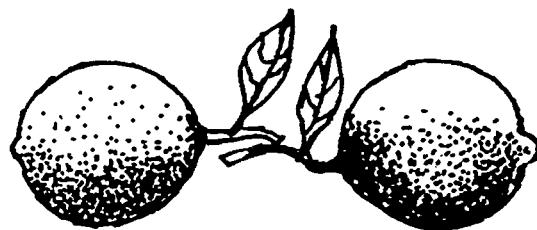
Sirve

ENSALADA DE FRUTAS FRESCAS

Necesitas:



Manzana



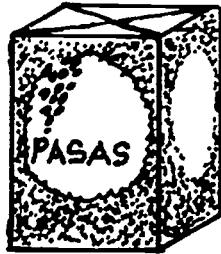
Limones



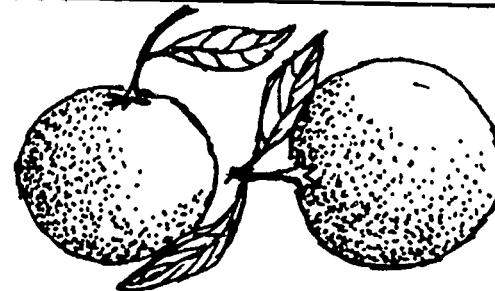
Guineos



Piña



Pasas



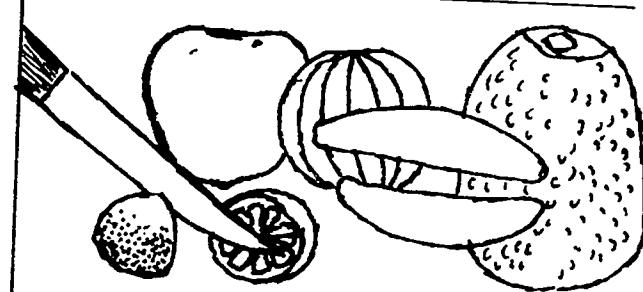
Chinas

(Ensalada de frutas frescas continuación)

Sigue estos pasos



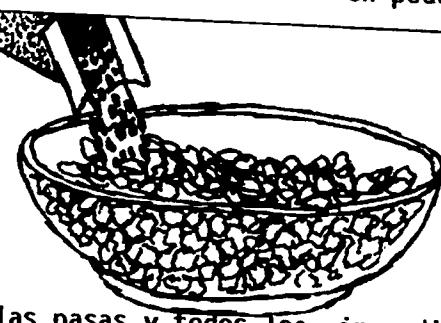
Lava



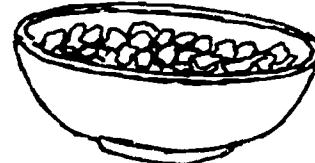
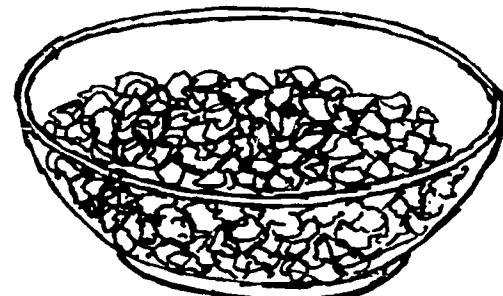
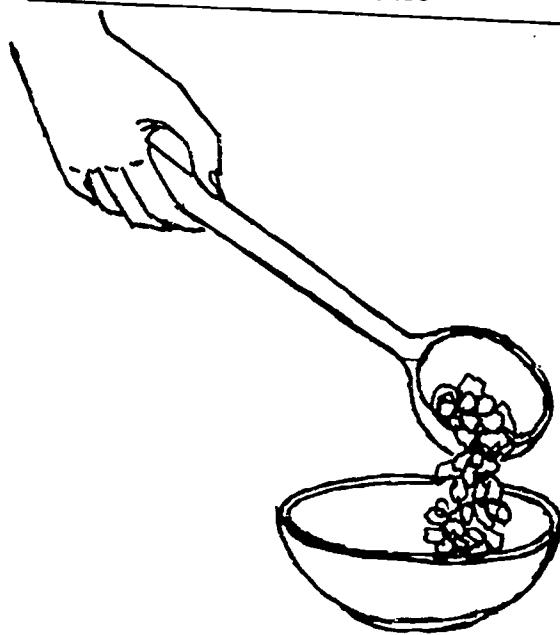
monda y corta las frutas en pedazos



Exprime los Limones



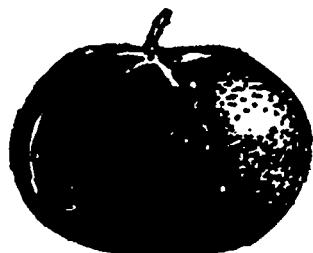
Echa las pasas y todos los ingredientes en un envase y mezcla



Sirve en platos

ENSALADA DE LECHUGA Y TOMATE

Necesitas:



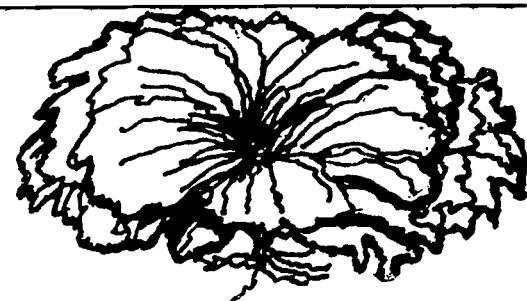
tomate



escudilla



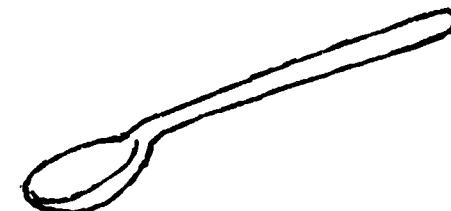
sal



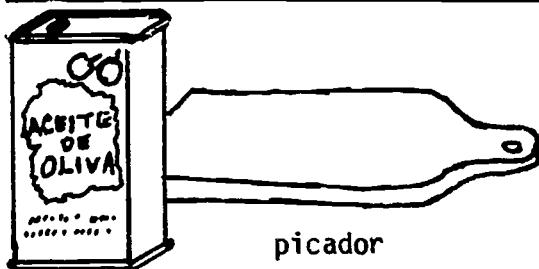
un mazo de lechuga



vinagre

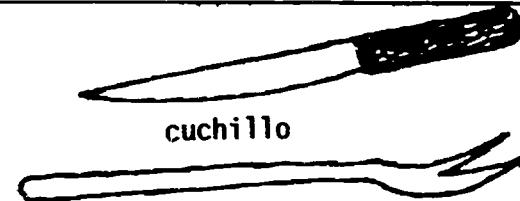


cucharón



picador

aceite de oliva

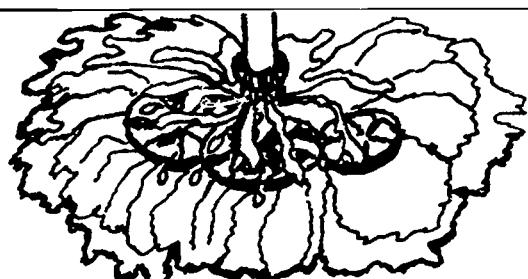


cuchillo

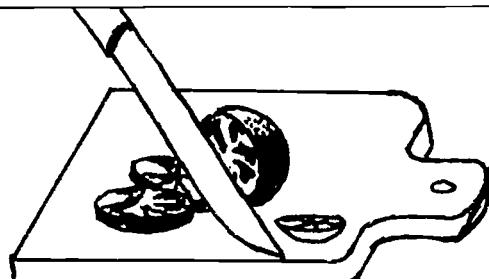
tenedor

(Ensalada de Tomates y Lechuga continuación)

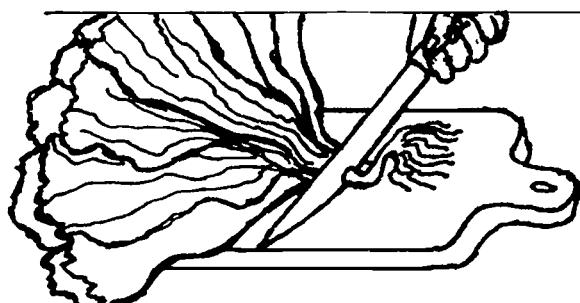
Sigue estos pasos



Lava las lechugas y tomates



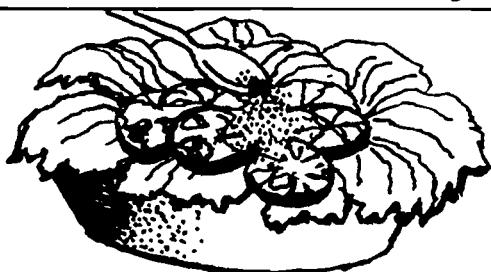
Rebana los tomates



Corta el tallo de la lechuga



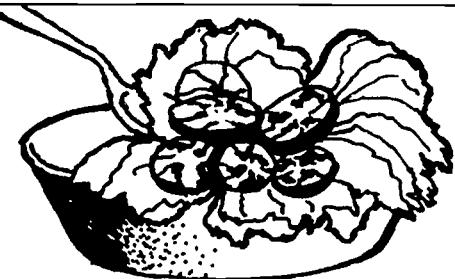
Echa la lechuga y los tomates en la escudilla



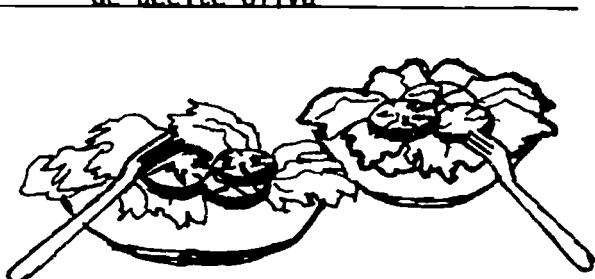
Añade una cucharadita de sal



Añade una cucharadita de aceite oliva



Mueve



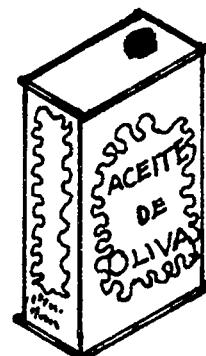
Sirve

ENSALADA MIXTA

Necesitas:



una lata de vegetales mixtos



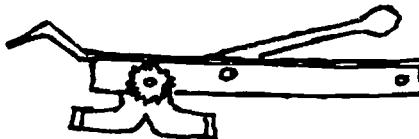
aceite de oliva



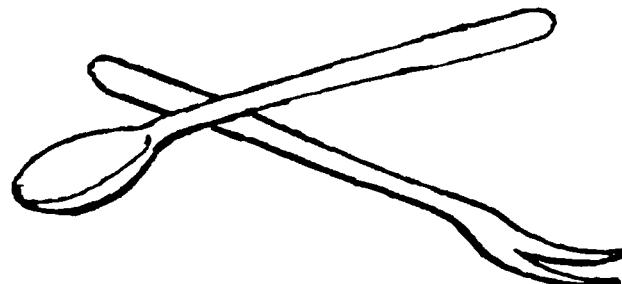
vinagre



escudilla



abridor



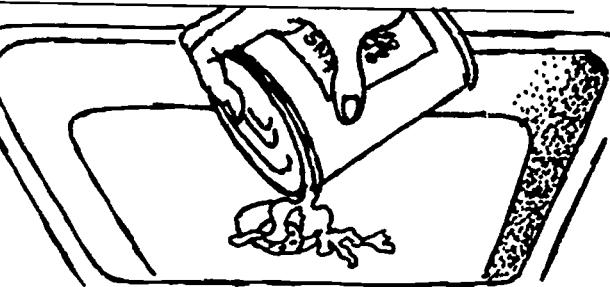
cucharón y tenedor

(Ensalada Mixta continuación)

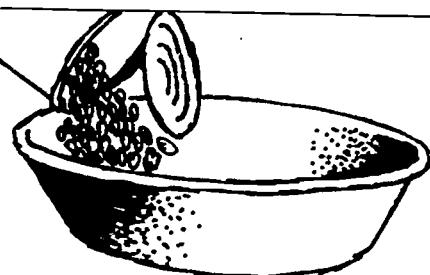
Sigue estos pasos



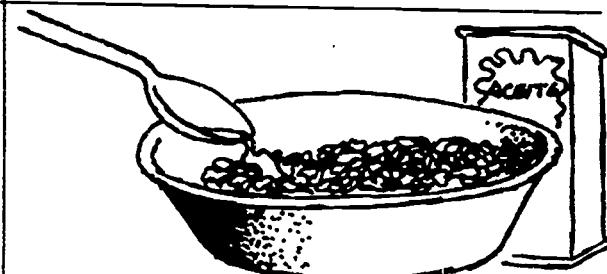
Abre la lata



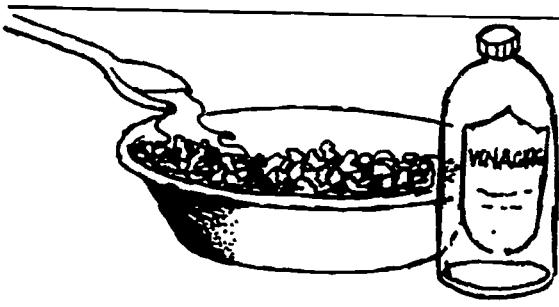
Bota el agua en el fregadero



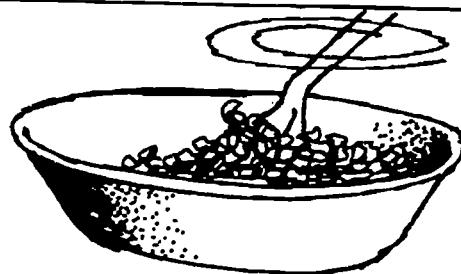
Echa los vegetales en la escudilla



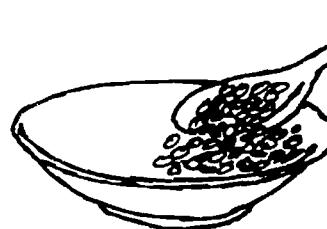
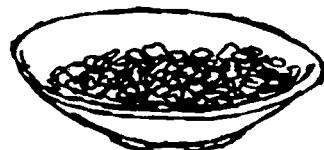
Añade dos cucharadas de aceite oliva



Añade una cucharadita de vinagre



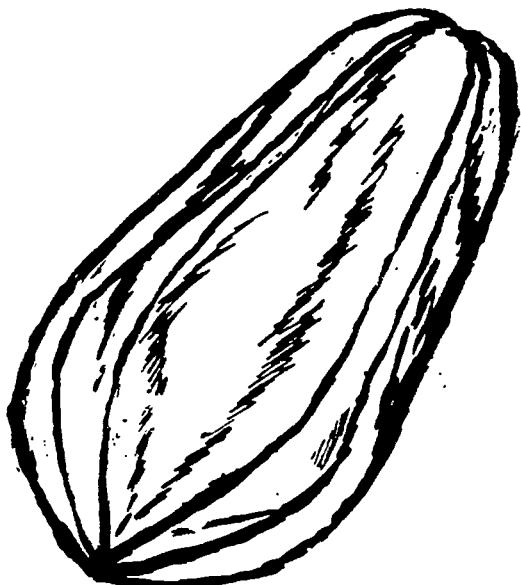
Mueve



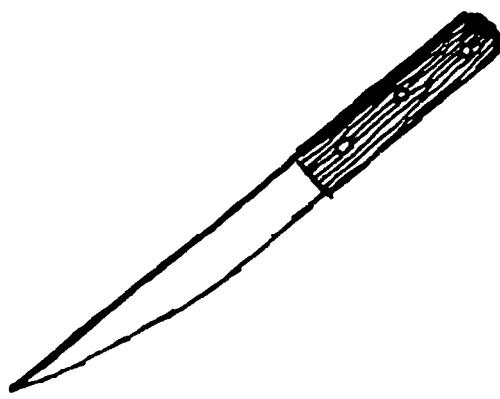
Sirve

PAPAYA MADURA

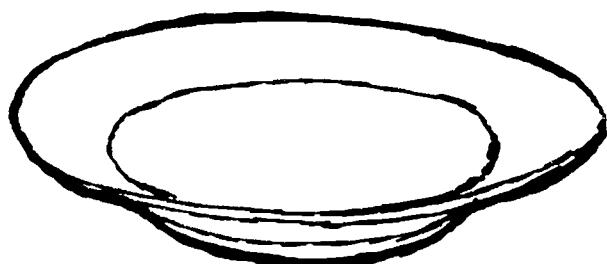
Necesitas



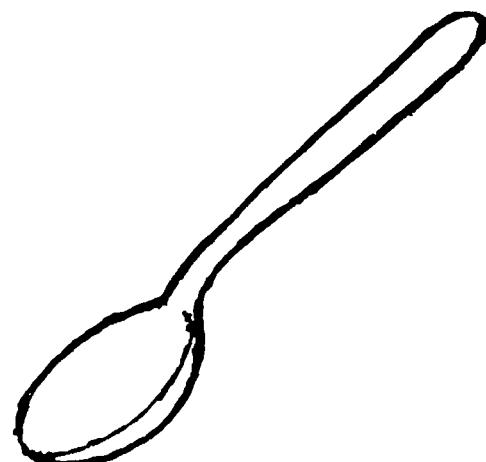
papaya



cuchillo



plato



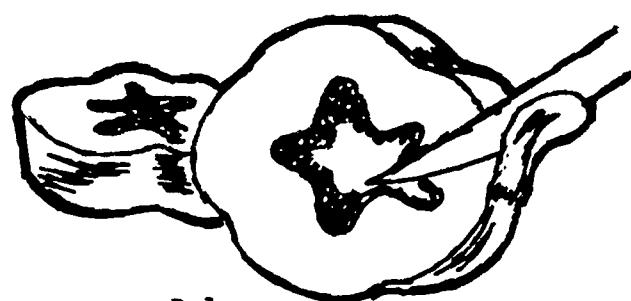
cuchara

PAPAYA MADURA (CONT.)

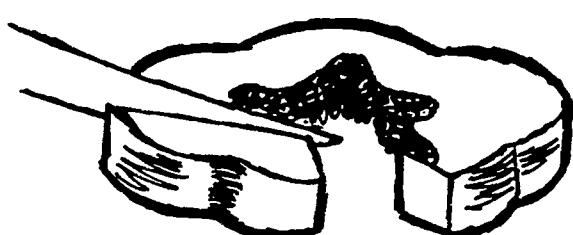
SIGUE ESTOS PASOS



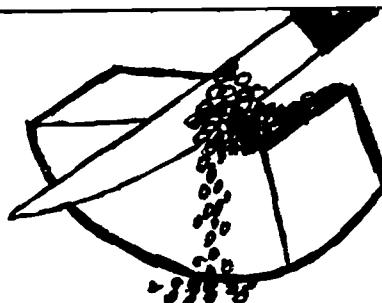
Corta en tajadas



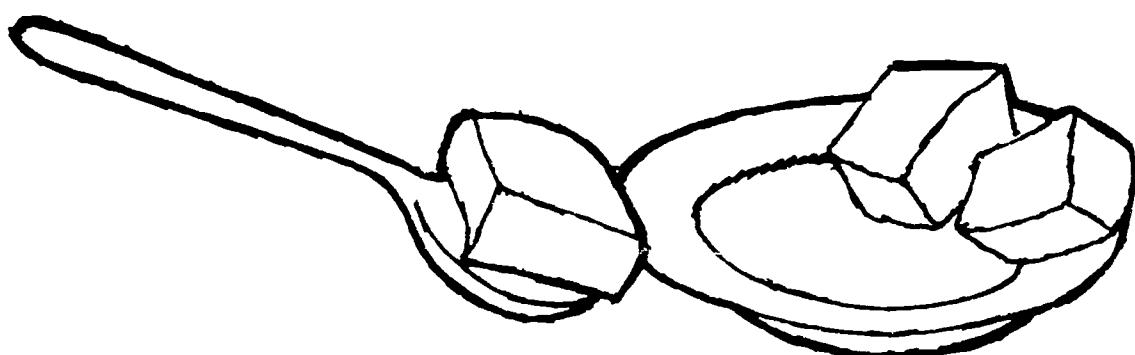
Pela



Corta en cuadros



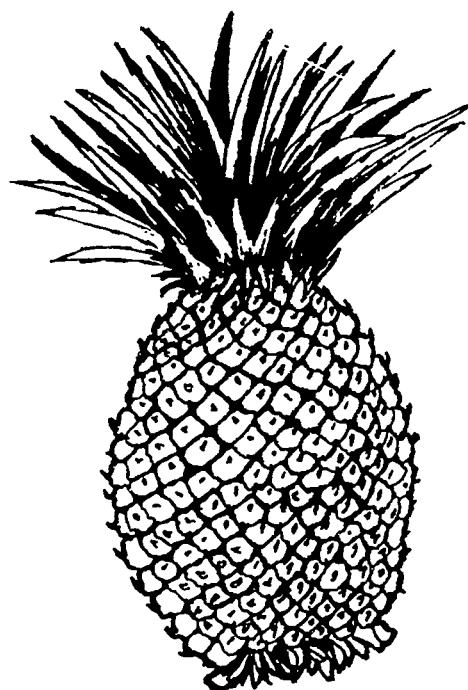
Saca las semillas



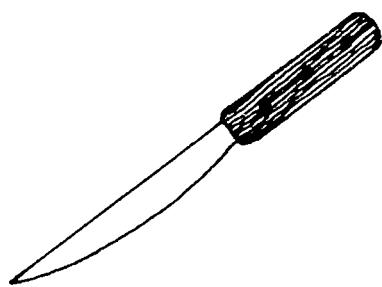
Sirve

Necesitas:

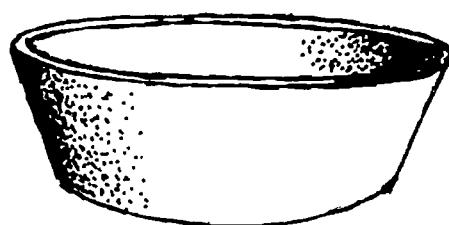
PIÑA FRESCA



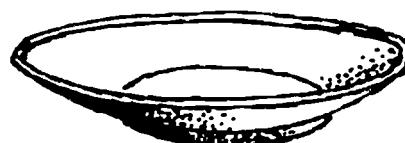
Piña



Cuchillo



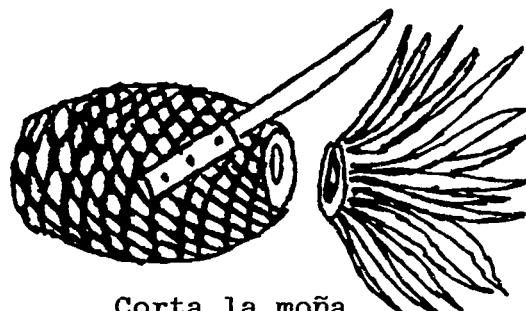
Escudilla



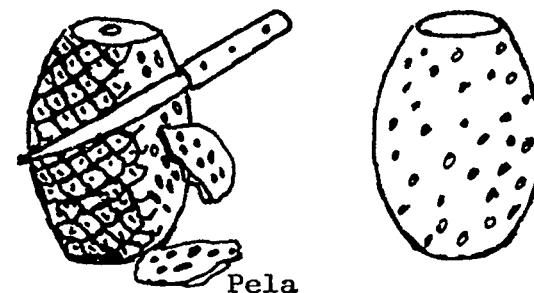
Plato

(Piña Fresca Continuaciòn)

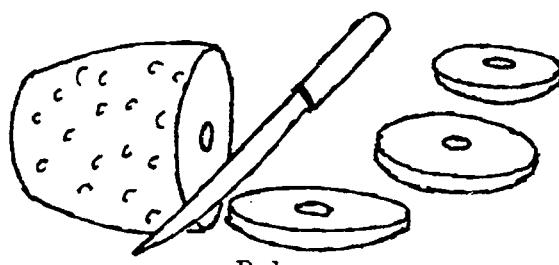
Sigue estos pasos



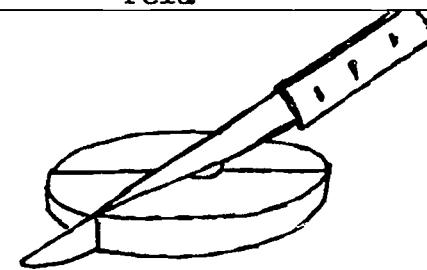
Corta la moña



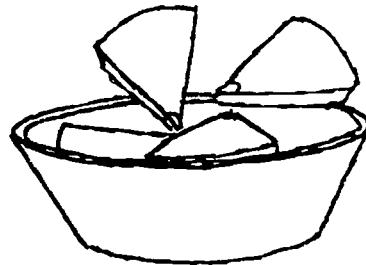
Pela



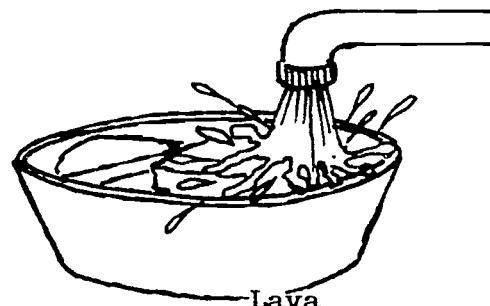
Rebana



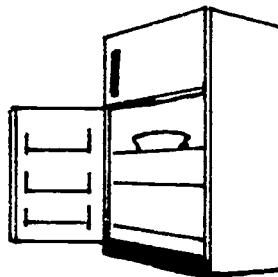
Corta en triángulos



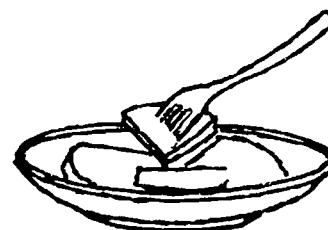
Echa en la escudilla



Lava



Coloca en nevera 1/2 hora

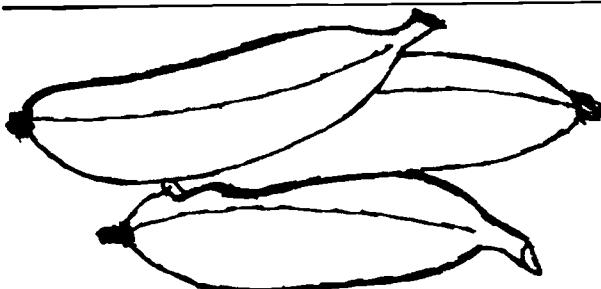


Sirve

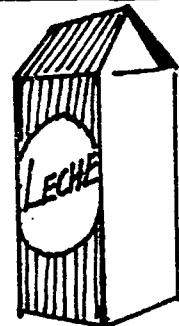
BEBIDAS

BATIDAS DE GUINEOS Y FRESAS

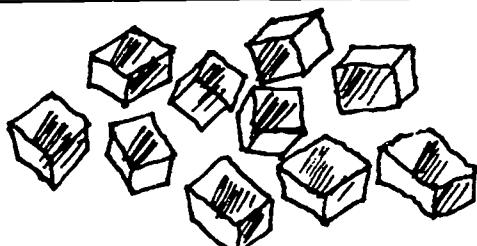
Necesitas:



tres guineos



leche



hielo picadito

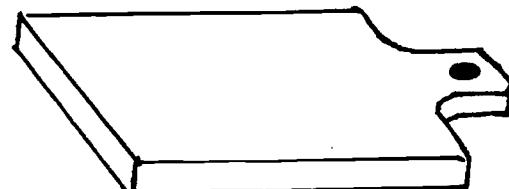
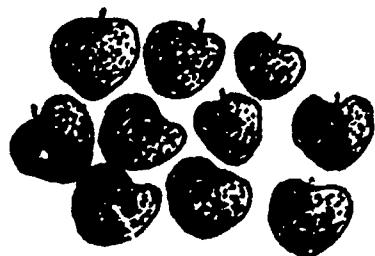
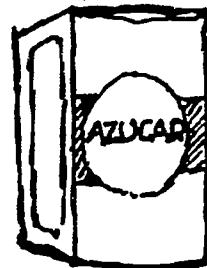


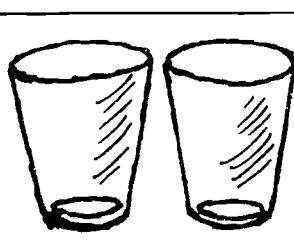
tabla de picar



fresas



azúcar



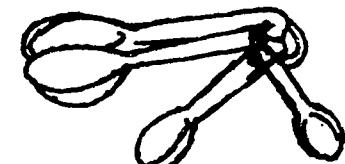
vasos



cuchillo



licuadora



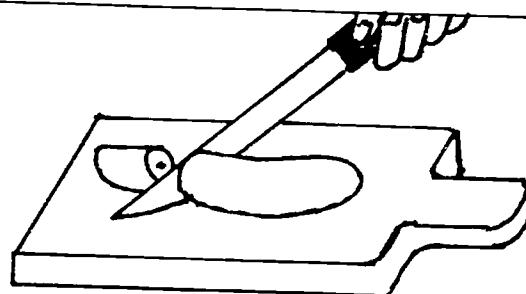
cuchara de medir

(Batida de Guineos y Fresas Continuación)

Sigue estos pasos



Monda tres guineos



Pártelos en pedazos



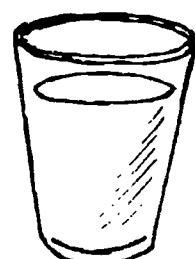
Echa en la licuadora los guineos, fresas y el hielo picado a gusto



Enciende la licuadora por 5 minutos tapada



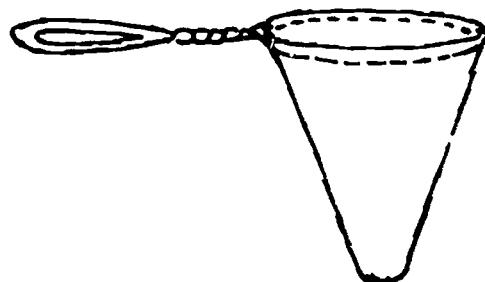
Echa dos cucharadas de azúcar



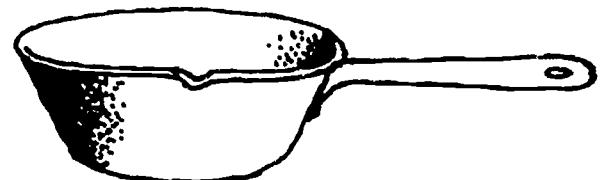
Sirve en vasos

CAFE NEGRO

Necesitas:



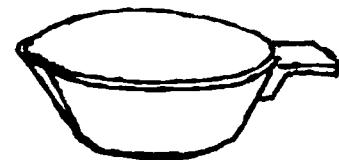
colador de tela



cacerola



cafetera



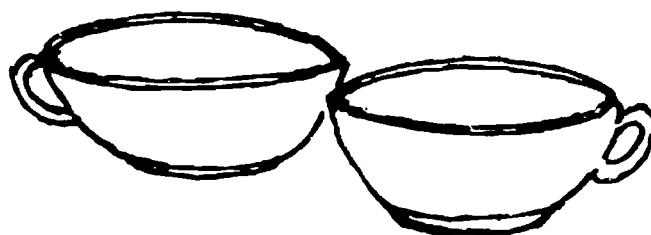
taza de medir



café



azúcar

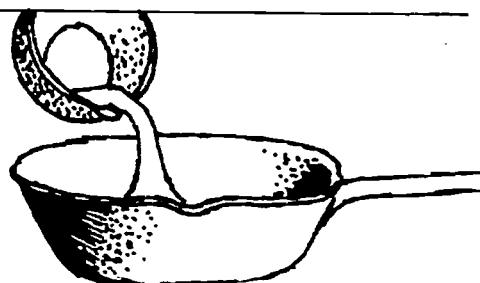


2 tazas de agua

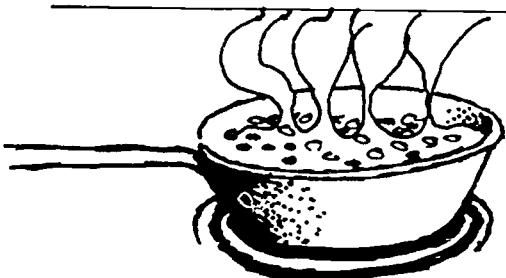
Sigue estos pasos



Mide 2 tazas de agua



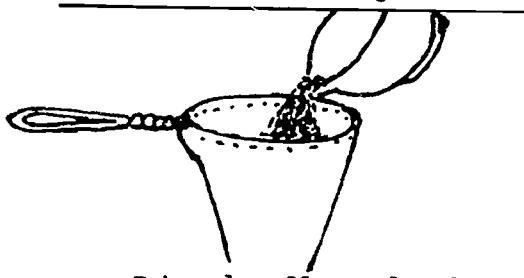
Echa el agua en la cacerola



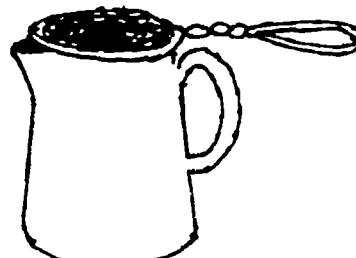
Hierve el agua



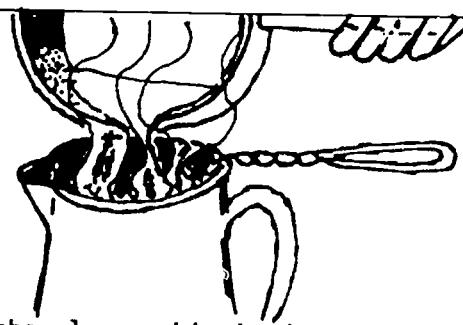
Mide 1/2 taza de café



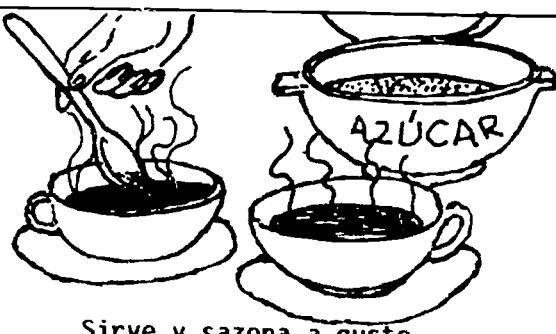
Echa el café en el colador



Coloca el colador en la cafetera



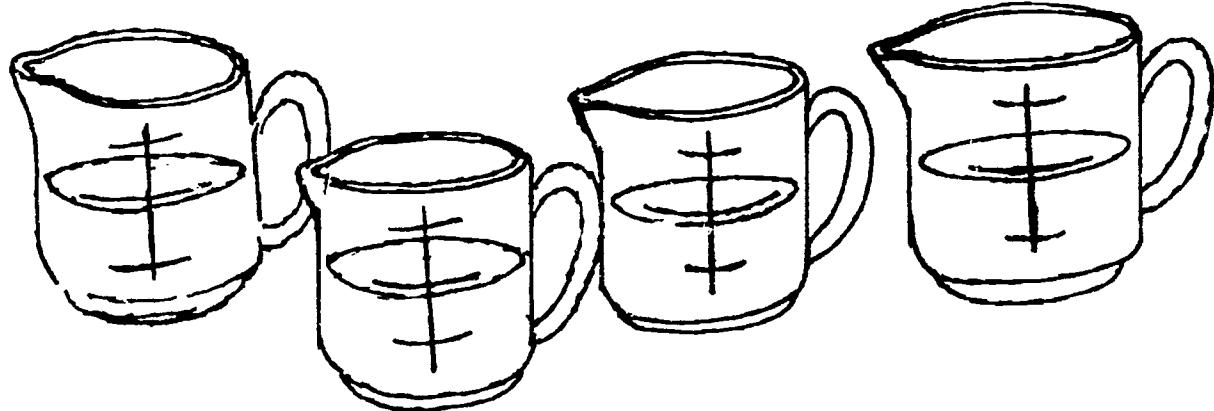
Echa el agua hirviendo



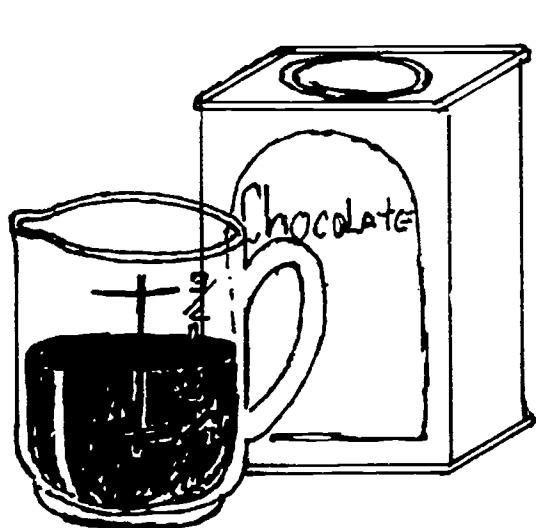
Sirve y sazona a gusto

LECHE CON CHOCOLATE

Necesitas:



4 tazas de leche fria



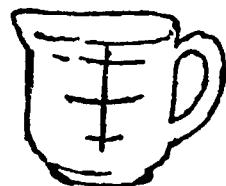
½ taza de chocolate en polvo



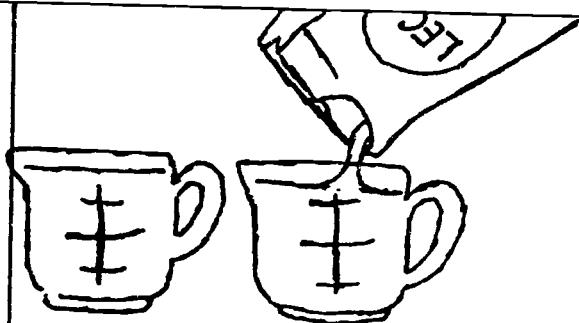
½ cucharadita de vainilla

(Leche con Chocolate continuación)

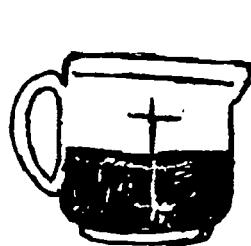
Sigue estos pasos



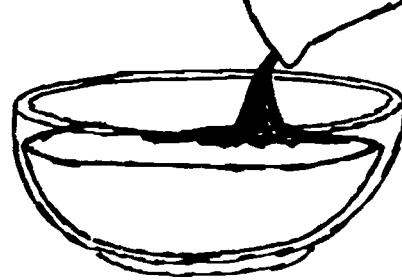
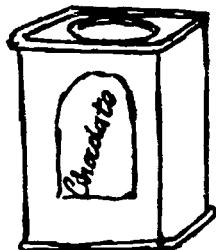
Mide la leche



Echa las cuatro tazas de leche



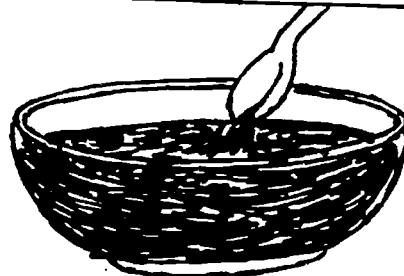
Mide $\frac{1}{2}$ taza de chocolate en polvo



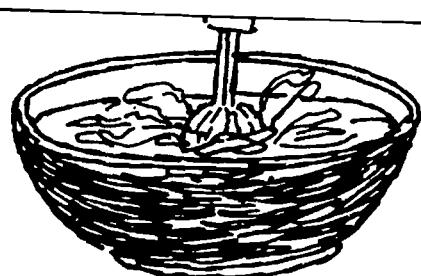
Añade el chocolate en polvo a la leche



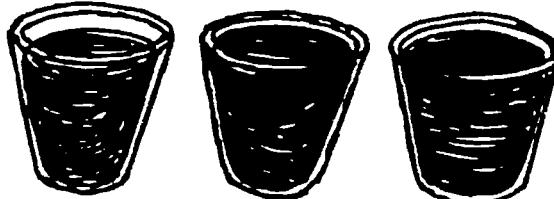
Mide la vainilla



Añade la vainilla a la leche



Bate la leche con el batidor de mano



Sirve en los vasos

PONCHE DE JUGO DE FRUTAS

Necesitas:



jugo de
guayaba



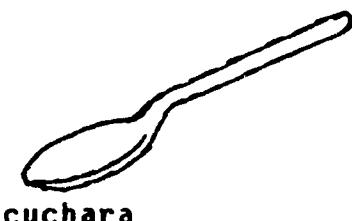
jugo de
piña



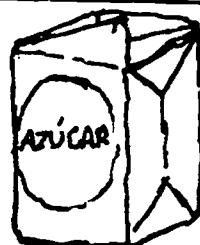
agua de soda (12 onzas)



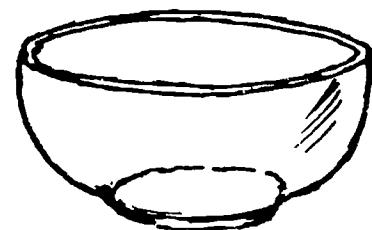
ensalada de frutas



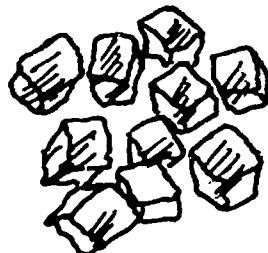
cuchara



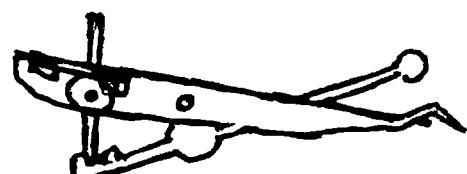
azúcar



envase



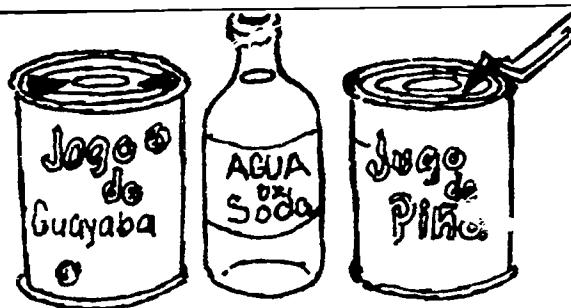
hielo en pedazos



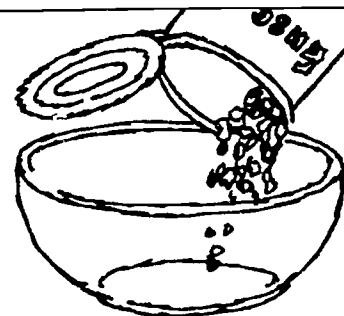
abridor de latas

(Ponche de Jugo de Frutas continuación)

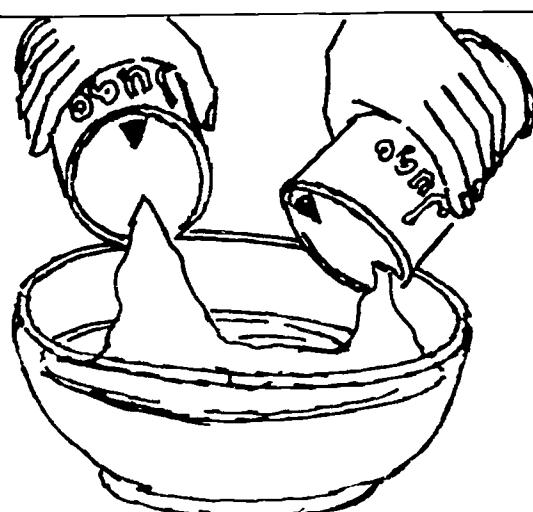
Sigue estos pasos



abre los envases



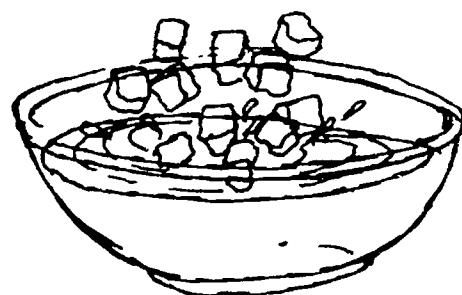
echa la ensalada de frutas



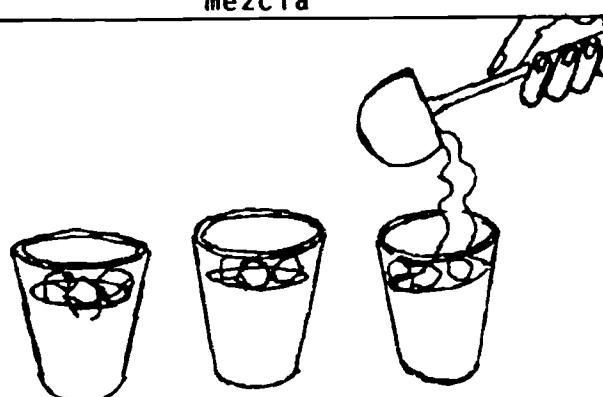
vierte los jugos



mezcla



añade el hielo



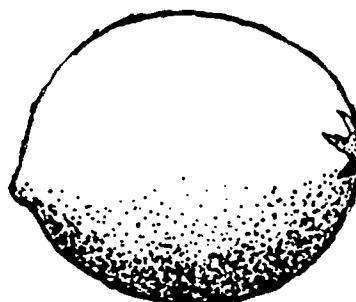
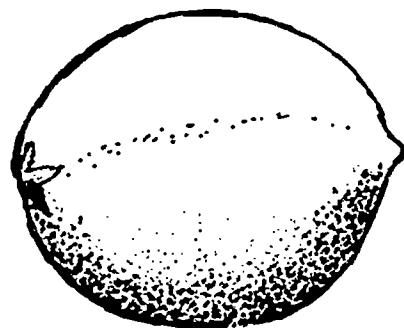
sirve en vasos

SABROSURA DE FRUTAS

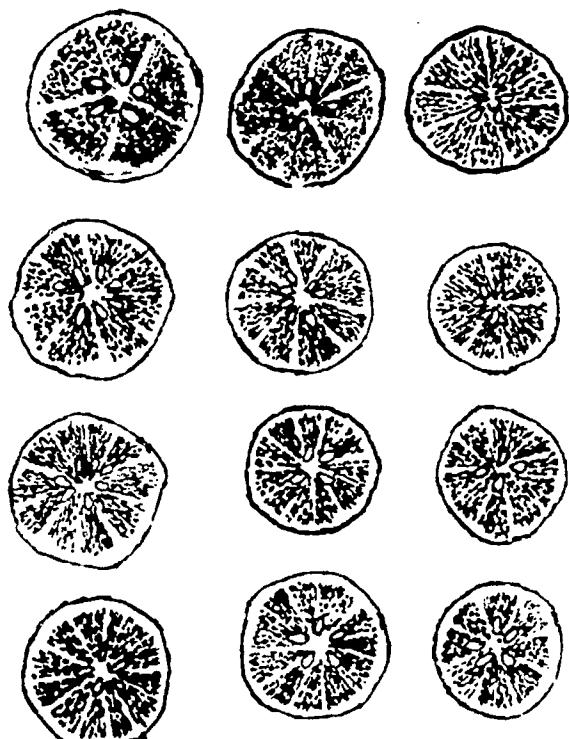
Necesitas:



3 taza jugo de uva
3 tazas jugo de china
3 tazas jugo de toronja

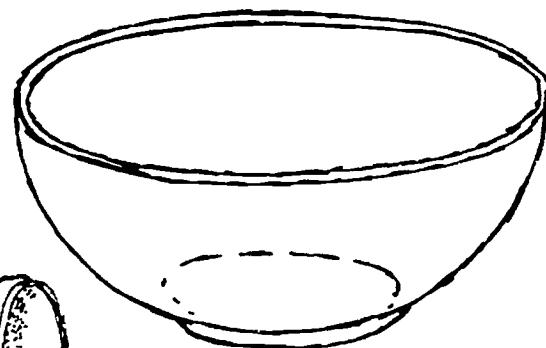


limones

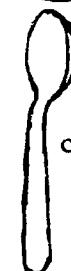


12 rueditas de limón

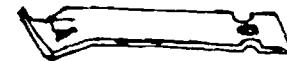
bulera



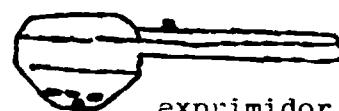
cucharón



cuchara



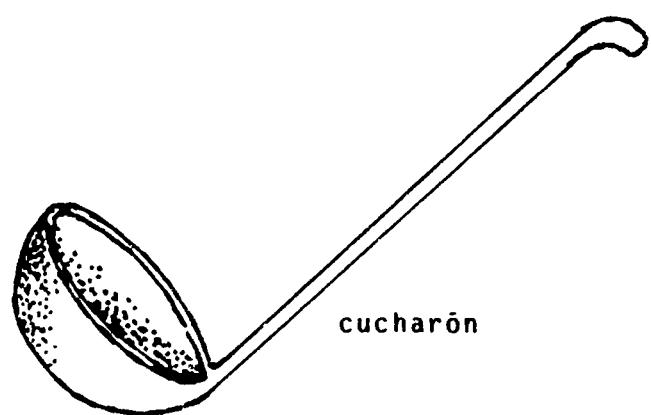
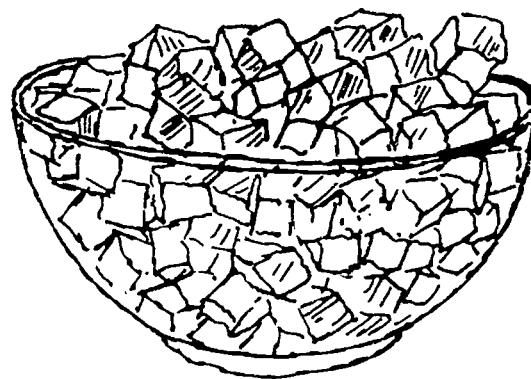
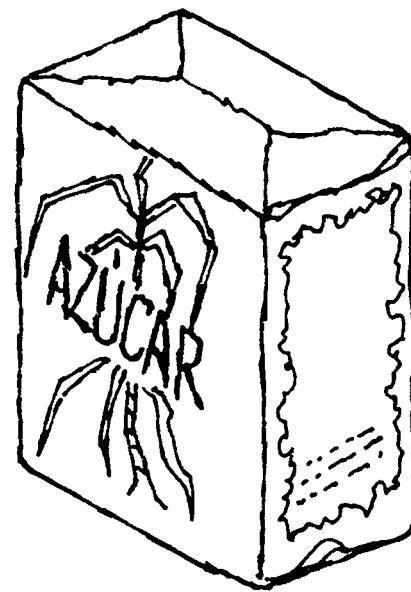
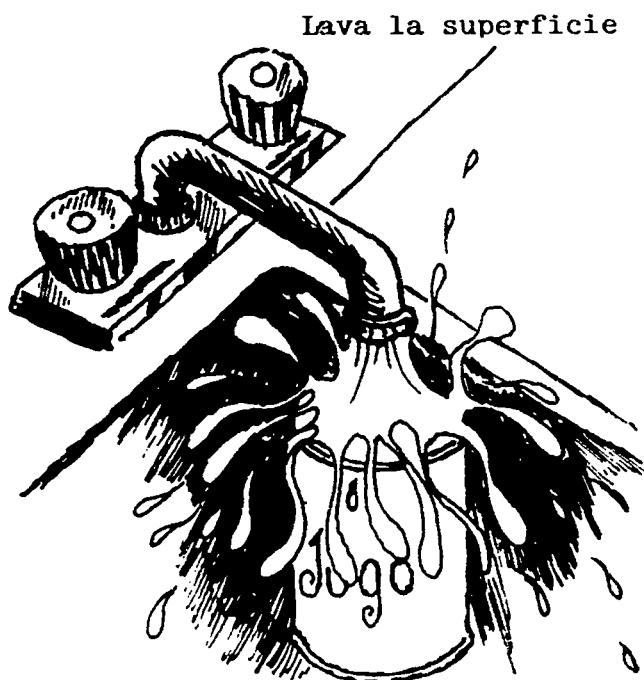
abridor



exprimidor de limones

(Sabrosura de Frutas continuación)

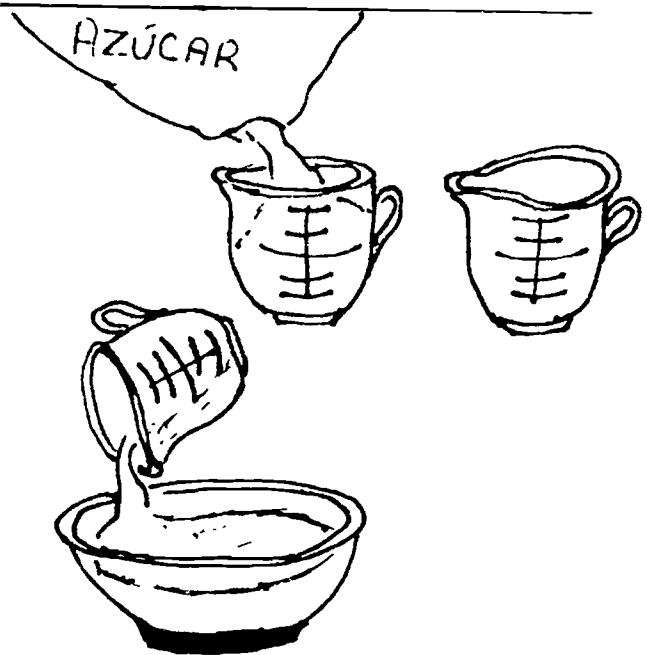
Sigue estos pasos



Sigue estos pasos



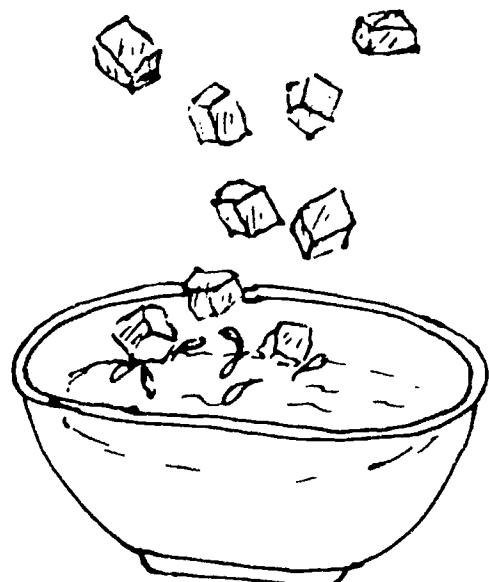
Echa el jugo de limón en la
bulera



Vierte 2 tazas de azúcar



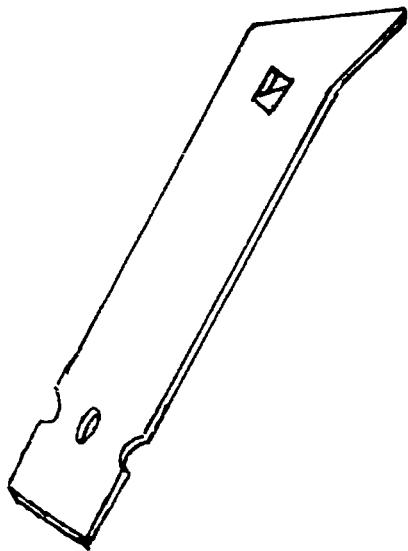
Mueve bien



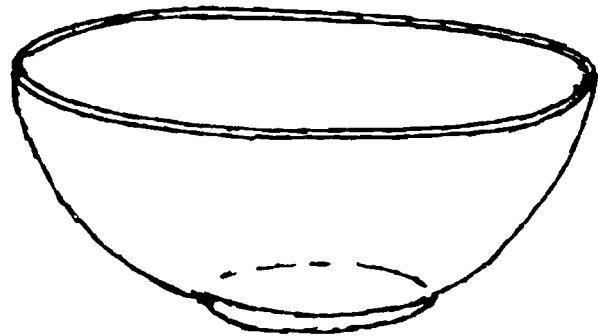
Añade el hielo

(Sabrosura de Frutas cont.)

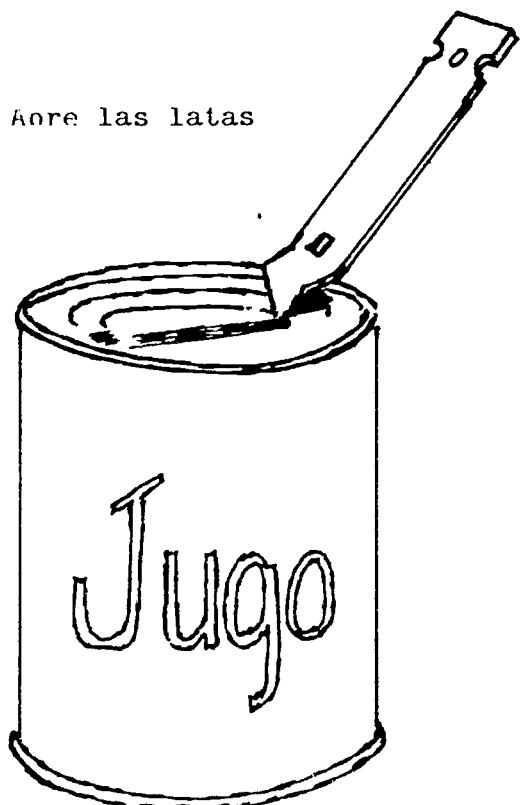
Sigue estos pasos



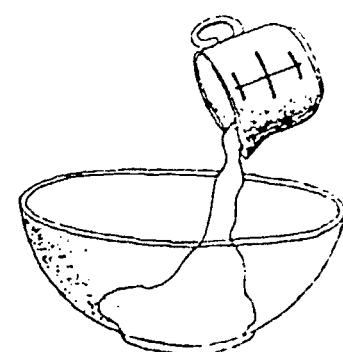
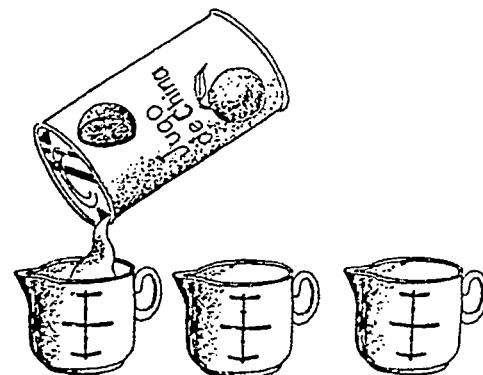
ABRIDOR



ENVASE

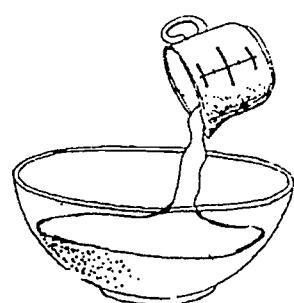
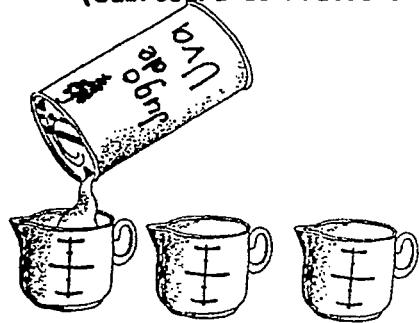


Abre las latas



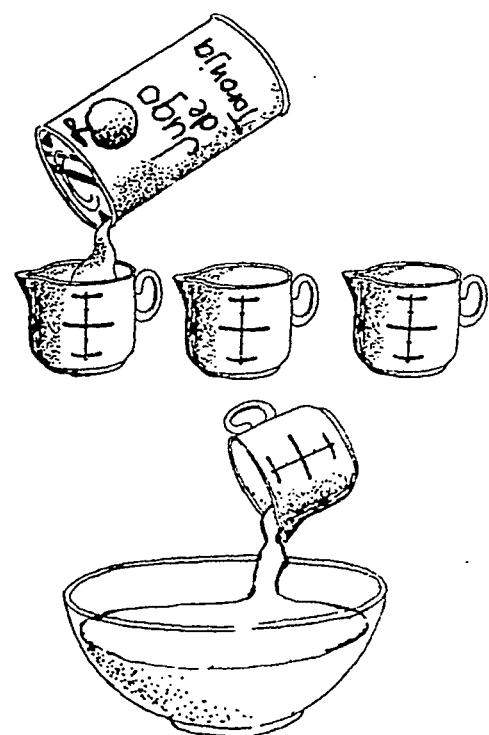
Mide 3 tazas de jugo china

(Sabrosura de Frutas cont.)

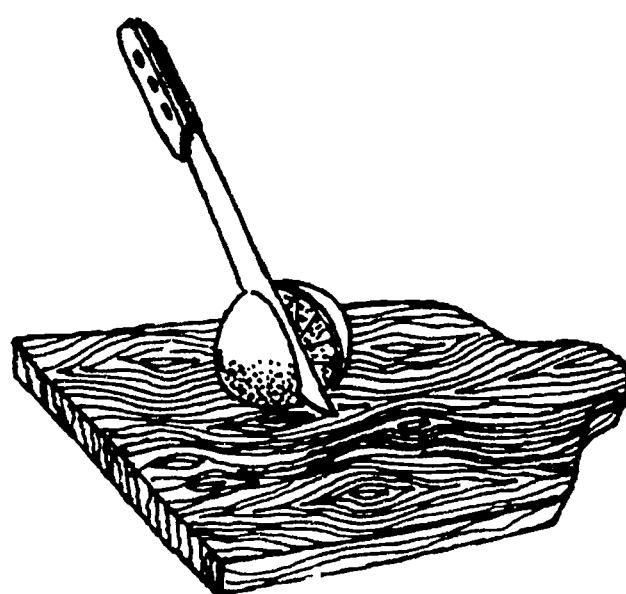


Mide 3 tazas de jugo uva

Echa en la bulera



Mide 3 tazas de jugo toronja
Echa en la bulera

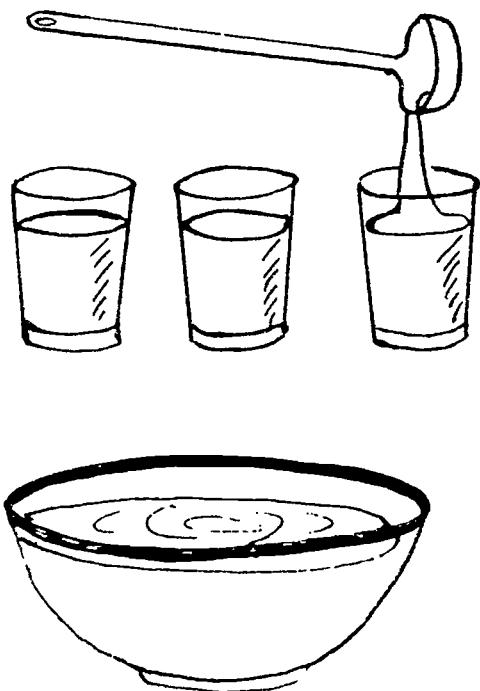


Pica los limones

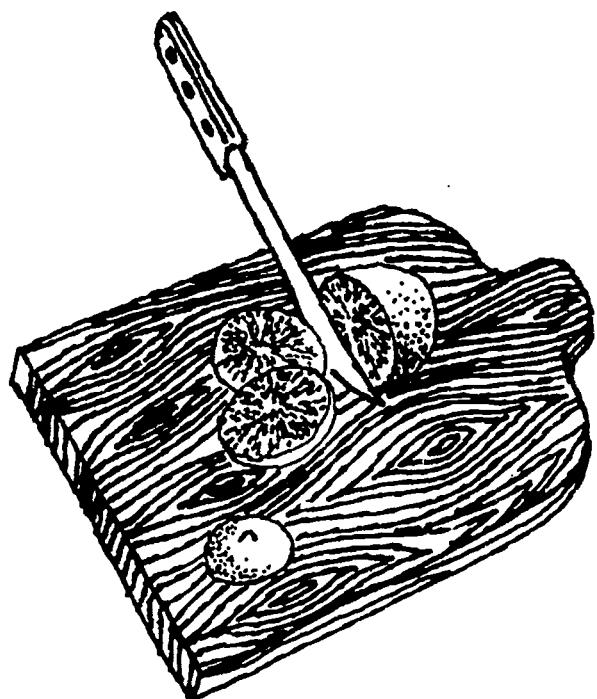


Exprime los limones

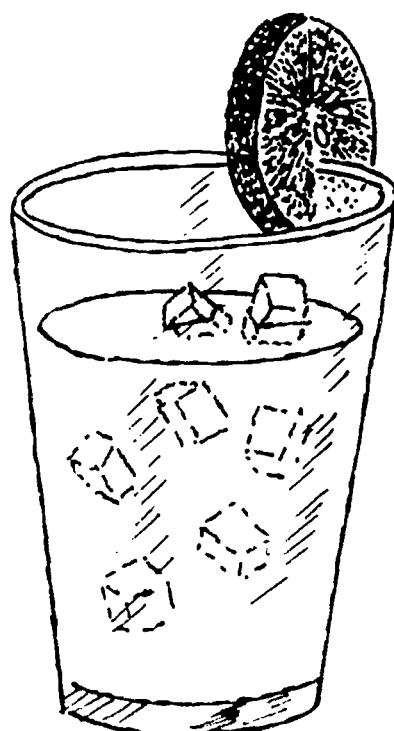
(Sabrosura de Frutas cont.)



Sirve en los vasos



Corta rueditas de limón



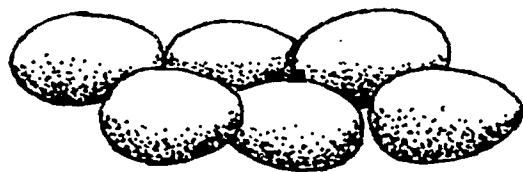
Adorna los vasos

HUEVOS

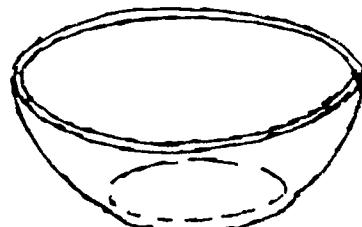
148

REVOLITILLO DE HUEVOS

Necesitas:



6 huevos



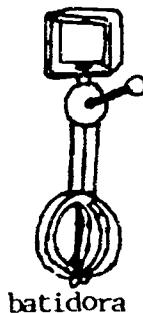
envase



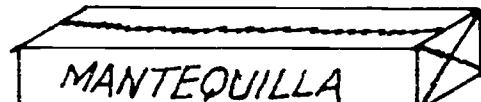
sal



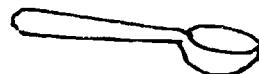
leche



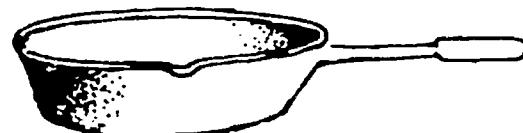
batidora



1 barrita de mantequilla



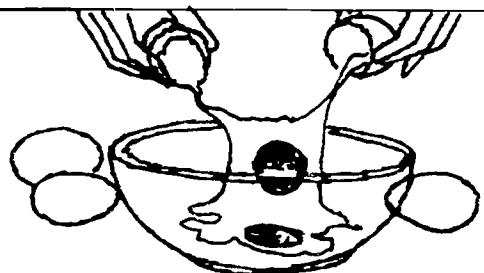
cucharita



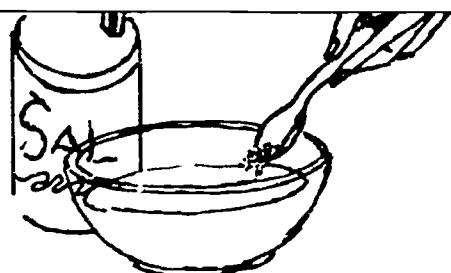
sartén

Revoltijo de huevos continuación

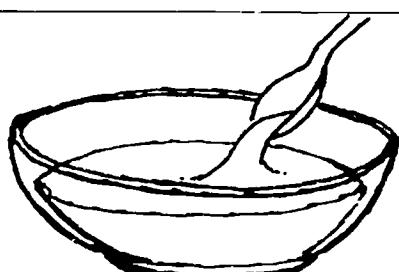
Sigue estos pasos



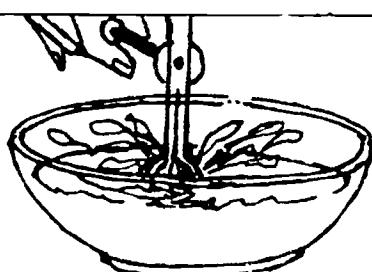
Echa los huevos en un envase



Añade un cuarto cucharadita de sal



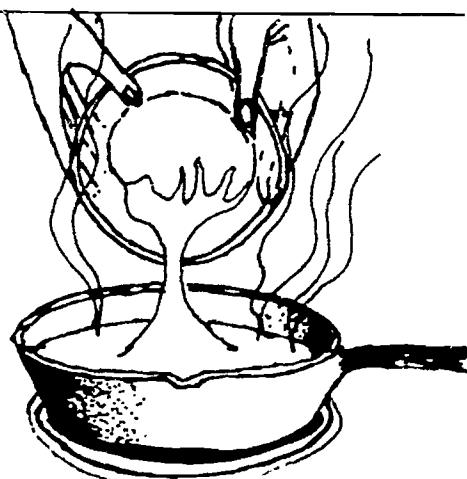
Derrite y mide dos cucharadas de mantequilla



Bate



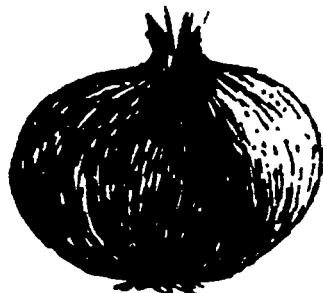
Engrasa una sartén con mantequilla



Vierte la mezcla y cocina a fuego moderado

TORTILLA SENCILLA

Necesitas:



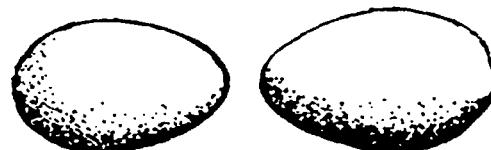
cebolla



aceite



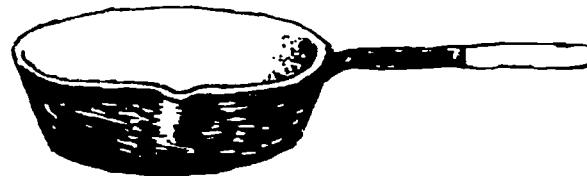
sal



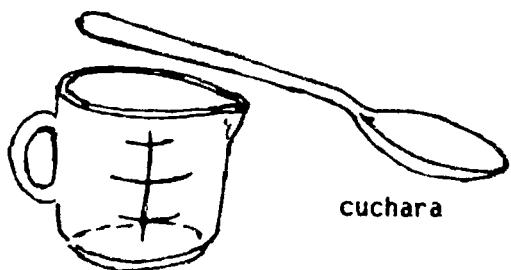
huevos



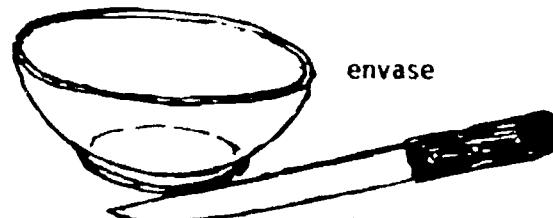
guisantes y zanahorias



sartén



taza de medir

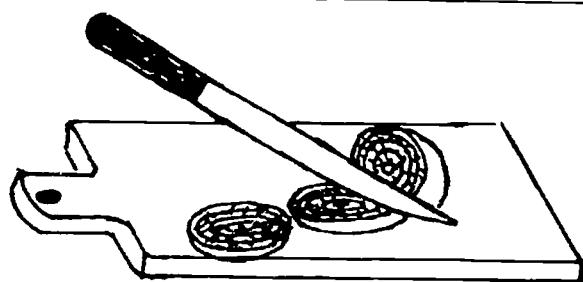


envase

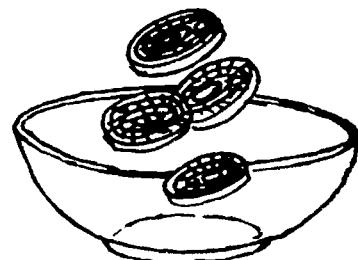
cuchillo

(Tortilla Sencilla continuación)

Sigue estos pasos



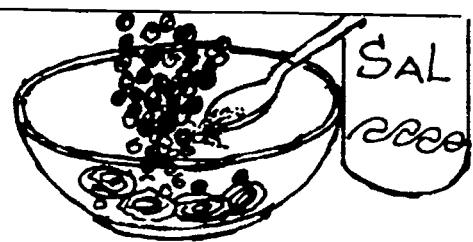
Pica la cebolla en pedazos



Vierte en un envase

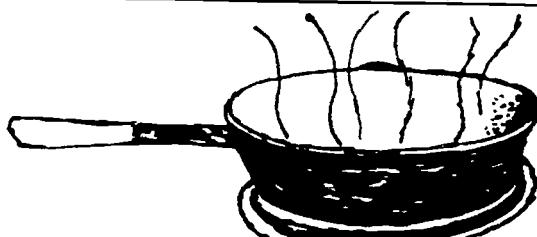


Añade los huevos

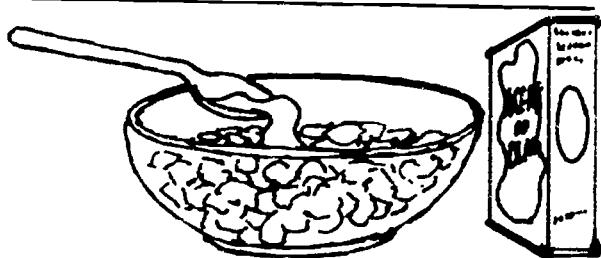


SAL
aceite

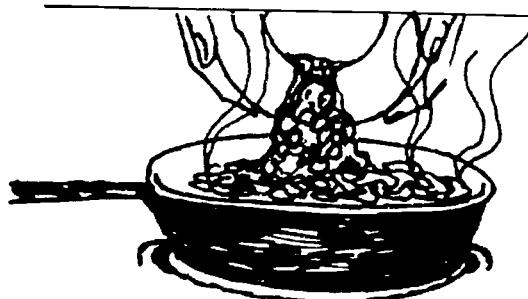
Añade los guisantes y zanahorias
y añada una cucharadita de sal



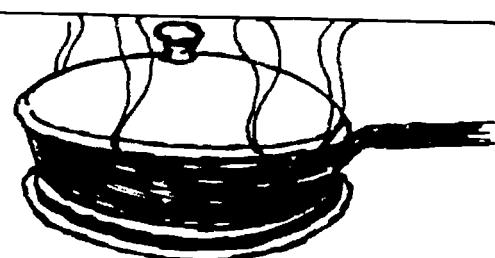
Pon la sartén al fuego



Añade una cucharadita de
aceite



Vierte en la sartén



Cocina tapado por 10 minutos a
temperatura moderada

**LECHE Y PRODUCTOS LACTEOS
(DERIVADOS DE LA LECHE)**

ARROZ CON QUESO

Necesitas:



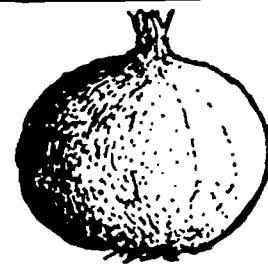
Arroz de grano largo



Consomé o caldo de pollo



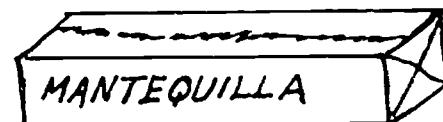
Queso parmesano



Cebolla



Orégano



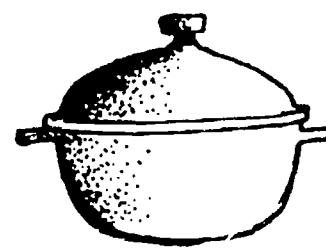
Mantequilla



Salsa de Tomate



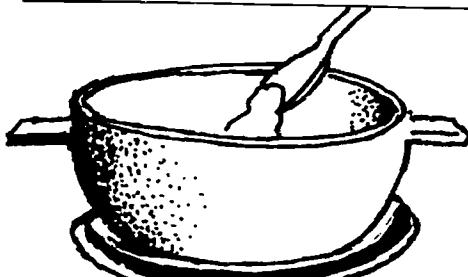
Sal



Caldero

(Arroz con Queso continuación)

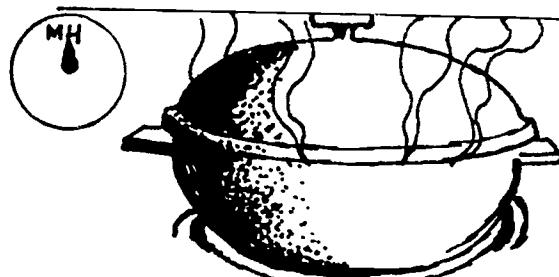
Sigue estos pasos



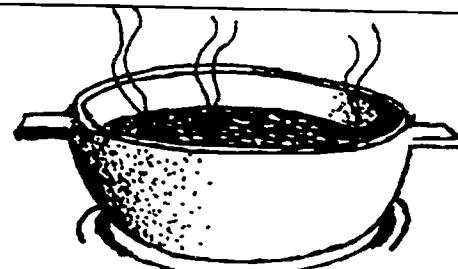
Derrite seis cucharadas de mantequilla en un caldero



Añade tres tazas de arroz



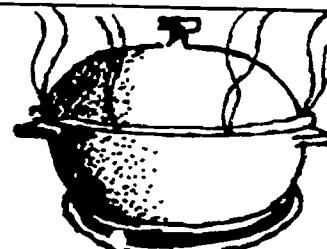
Deja hervir a fuego medianamente alto (medium-high)



Baja el fuego y deje secar



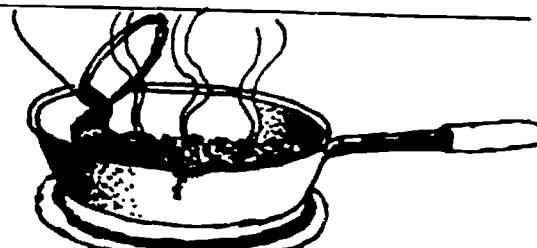
Añade el queso poco a poco y mezcle



Cocina tapado por 20 minutos a temperatura moderada (medium)



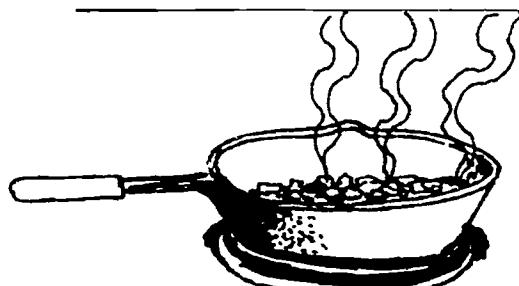
En un sartén echa la cebolla picada



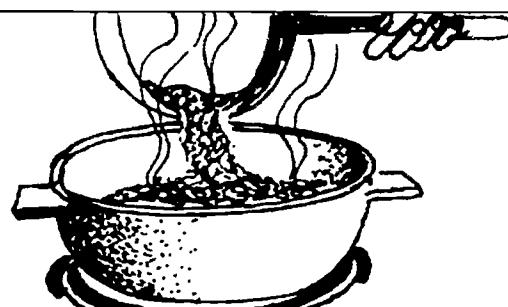
Añade $\frac{1}{2}$ taza de salsa de tomate

(Arroz con Queso continuación)

Sigue estos pasos



Sofríe por cinco minutos



y vierte al arroz



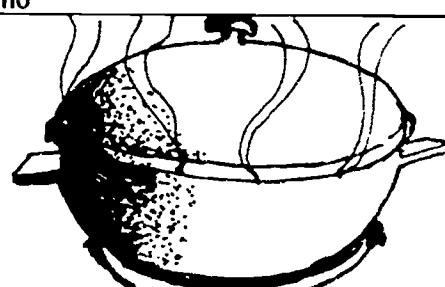
Añade el caldo o consomé de pollo



Añade dos cucharaditas de sal y una de orégano



Mezcla y deja secar



Cocina tapado por 5 minutos

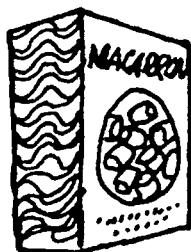


Sirve caliente

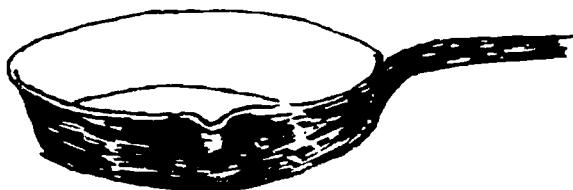


MACARRONES CON QUESO

Necesitas:



Macarrones



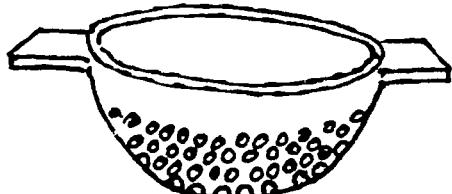
Sartén



Queso Rallado



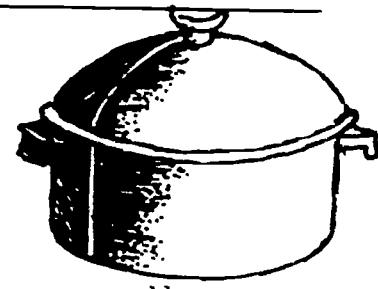
Sal



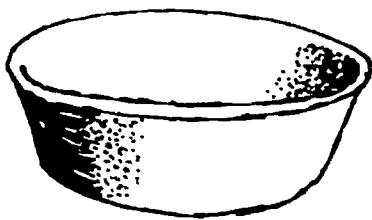
Escurridor



aceite



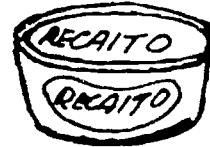
olla



Envase



agua

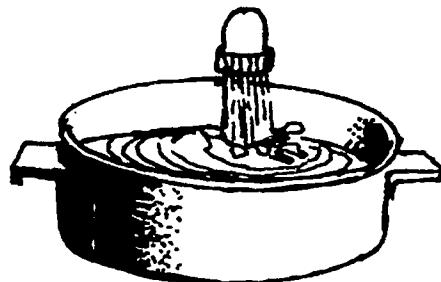


Recaito
Preparado

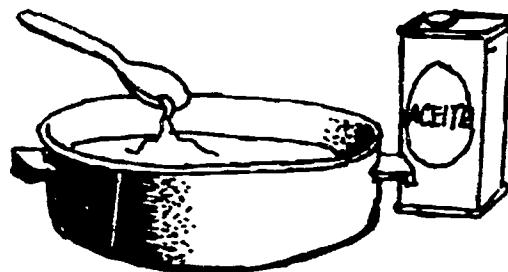


Salsa

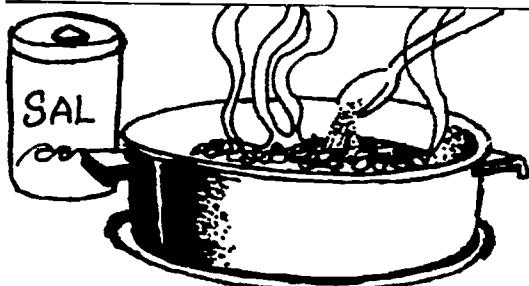
Sigue estos pasos



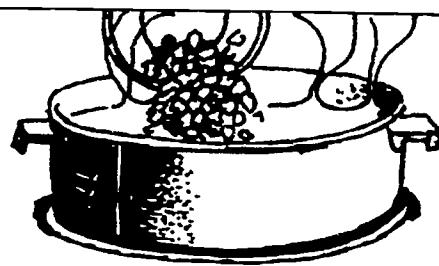
Llena con agua hasta la mitad.



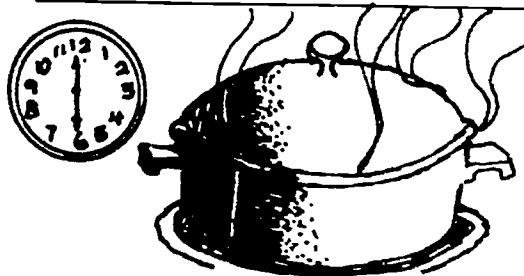
Añada una cucharada de aceite.



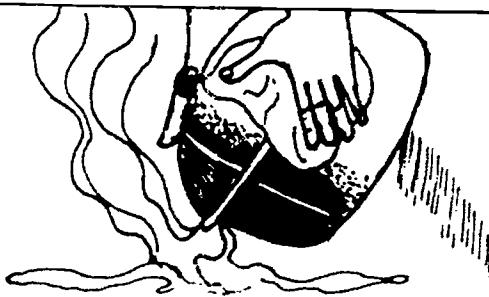
Añade dos cucharaditas de sal y deje hervir.



Echa dos tazas de macarrones.



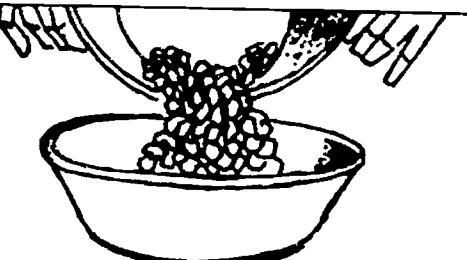
Hierva por media hora.



Escurre



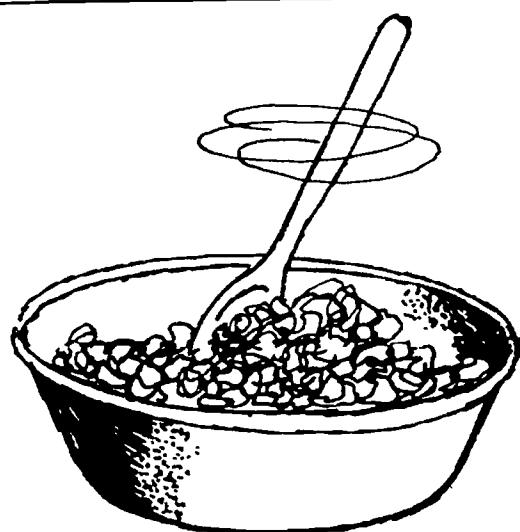
Echa una cucharada de recaito y tres de salsa.



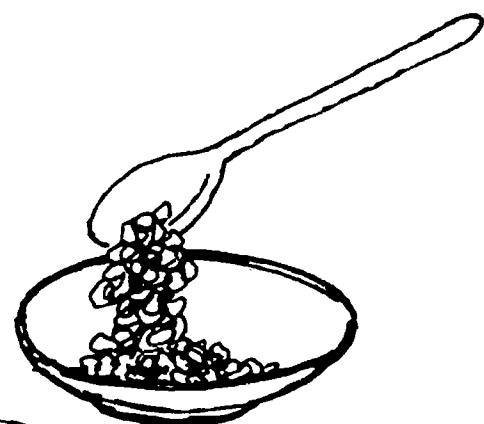
Vierte en un envase los macarrones y la salsa del sofrito.

(Macarrones de Queso cont.)

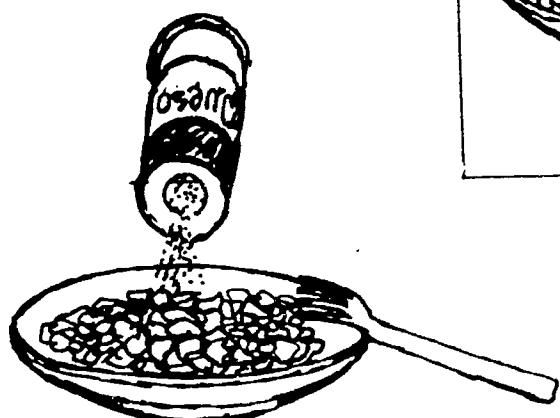
Sigue estos pasos



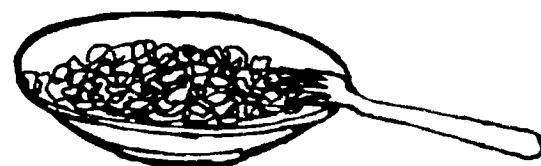
Mezcla



Sirva



Riega el queso rallado por encima.



SURULLITOS DE HARINA DE MAIZ CON QUESO

Necesitas:



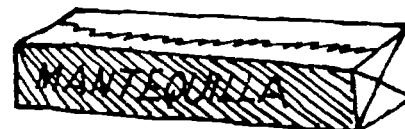
Harina de maíz



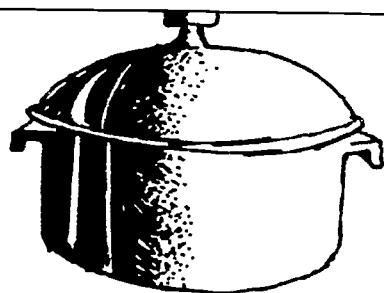
Sal



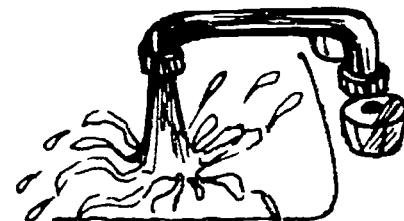
Sartén



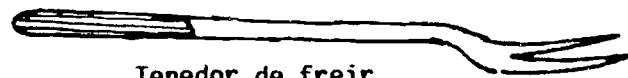
Mantequilla



Olla



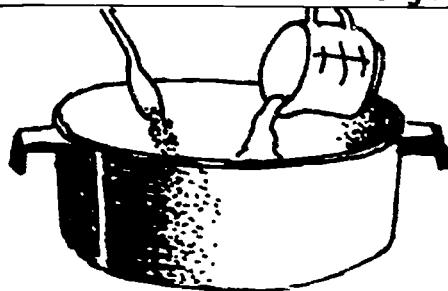
Agua



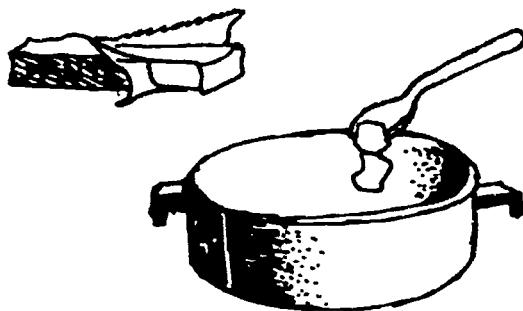
Tenedor de freir

(Surullitos de Harina de maíz con queso Continuación)

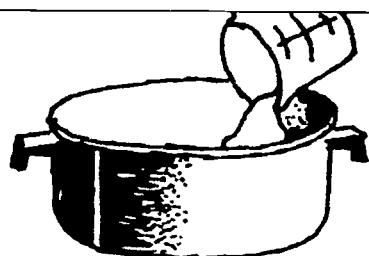
Sigue estos pasos



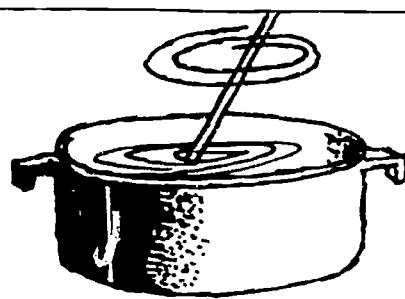
Calienta una y cuarta taza de agua con una cucharadita de sal



Añade 3 cucharaditas de mantequilla



Añade una y cuarta taza de harina de maíz



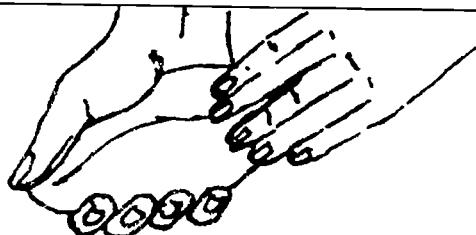
Mezcla



Corta el queso en pedazos pequeños



Coloca una cucharadita de mezcla en la palma de la mano, coloque el queso en el centro



Forme los surullitos



Fríe a fuego moderado en un sartén, volteándolos con frecuencia

OTRAS RECETAS
POSTRES - DULCES

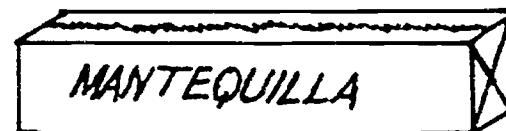
162

AZUCARADO DE CHOCOLATE

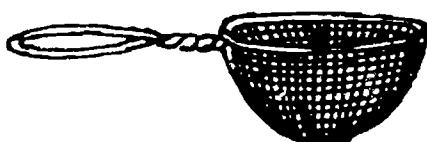
Necesitas:



Azúcar Pulverizada



Margarina



Cernidor



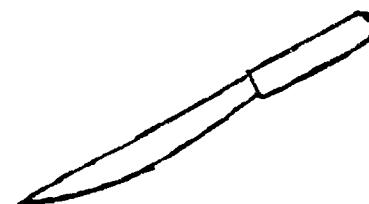
Cuchara de medir



cocoa sin azúcar



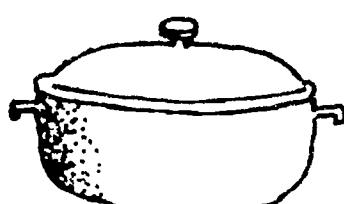
envase



cuchillo



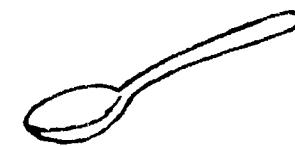
leche



olla



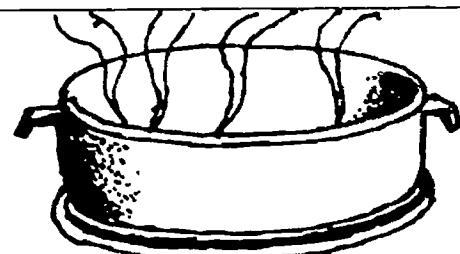
taza



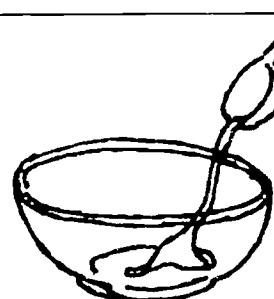
cuchara

(Azucarado de Chocolate continuación)

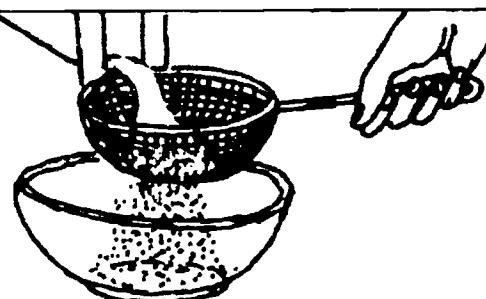
Sigue estos pasos



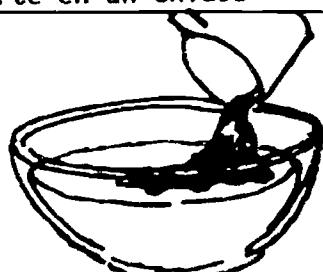
Corta un pedazo de margarina. Coloca en una olla. Coloca en la estufa a temperatura moderada hasta derretir.



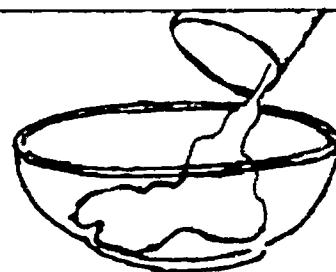
Mide dos cucharadas de margarina.
Vierte en un envase



Cierne el azúcar



Añade una cuarta taza de cacao sin azúcar.



Añade el azúcar a la margarina derretida.



Añade dos cucharadas de leche.



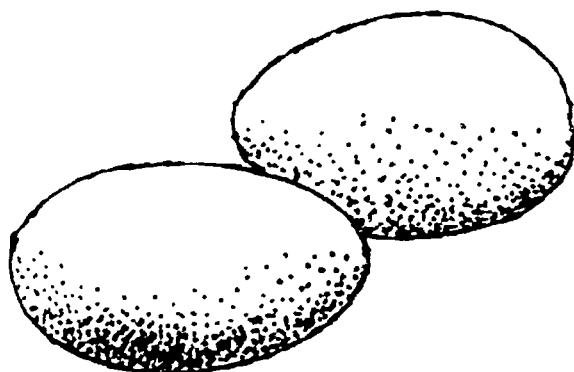
Mezcla



Cubre un bizcocho con la mezcla

AZUCARADO DE VAINILLA

Necesitas:



Huevos



Vainilla



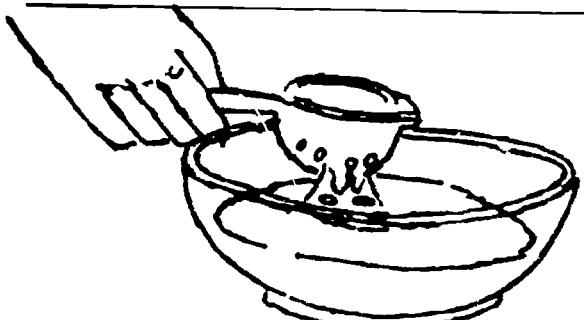
1 caja de azúcar pulverizada



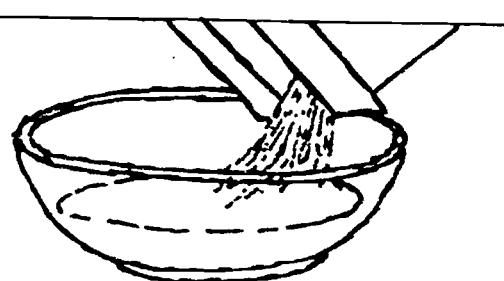
Syrup (almíbar) sin color

(Azucarado de vainilla continuación)

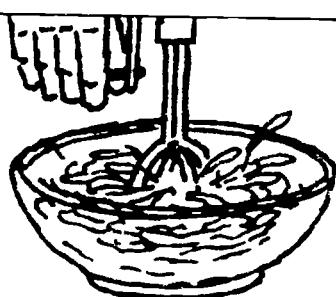
Sigue estos pasos



Separa las claras de las yemas



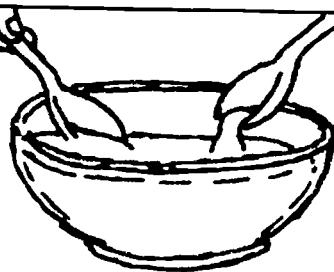
Añade a las claras el azúcar poco a poco



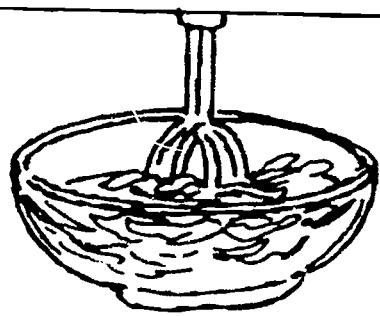
Mezcla bien



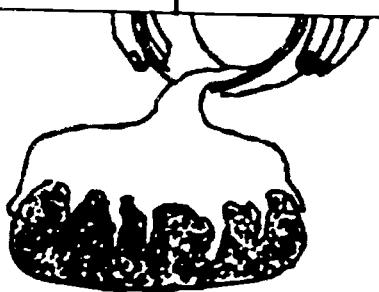
Añade media taza de syrup



Añade dos cucharadas de vainilla



Bate hasta unir



Vierte sobre un bizcocho con esta mezcla

BIZCOCHO DE CHOCOLATE

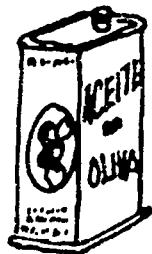
Necesitas:



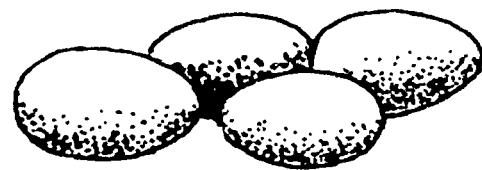
Harina



Polvo de hornear



Aceite



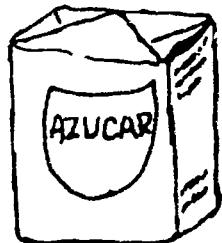
4 Huevos



Sal



Chocolate líquido

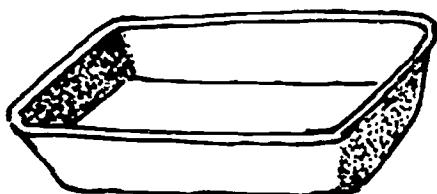


Azúcar



Manteca

Sigue estos pasos



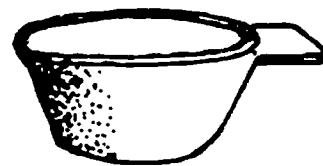
Molde para bizcocho



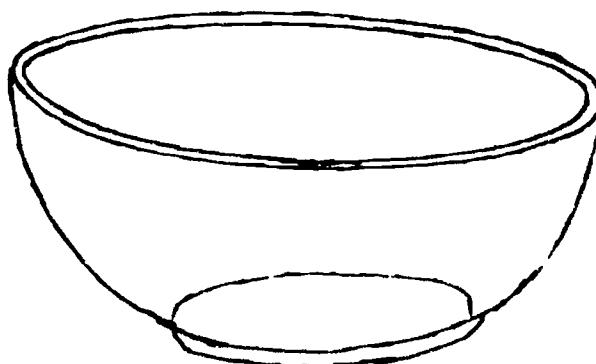
Cuchara de medir



Cuchara

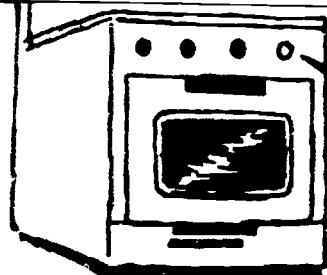


Taza



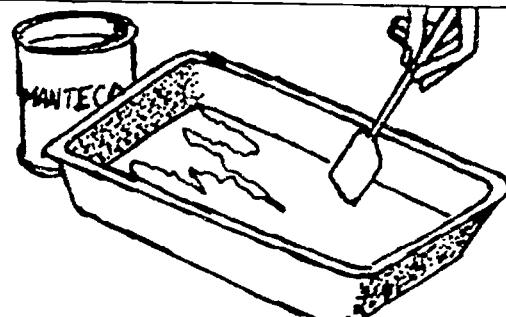
Envase

Sigue estos pasos



350
GRADOS

Enciende el horno a 350 grados



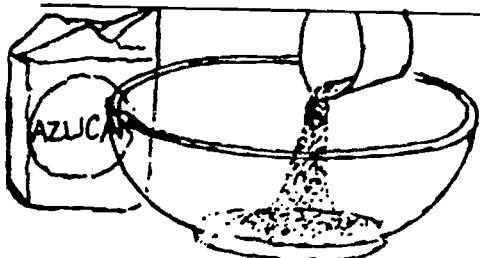
Engrasa el molde



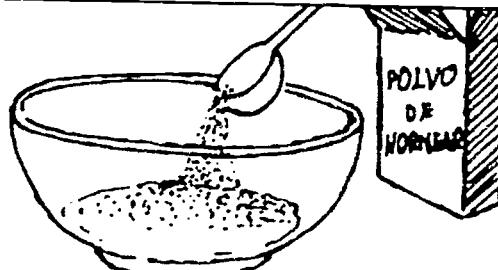
En un envase y mezcla



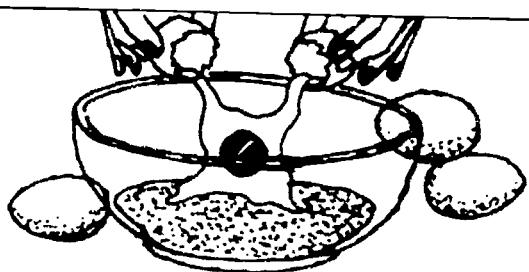
Media cucharadita de sal



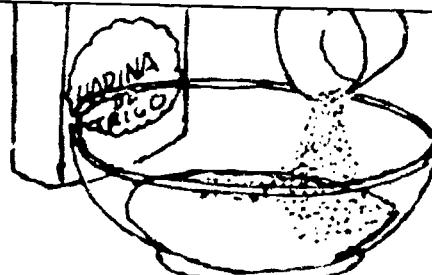
Una y cuarta taza de azúcar



Echa dos cucharaditas de polvo
de hornear

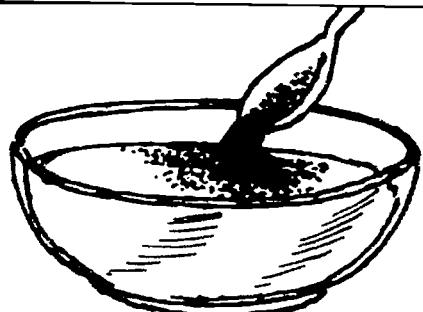


Cuatro (4) huevos

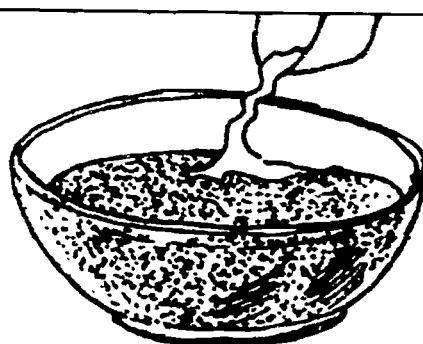


Dos tazas de harina

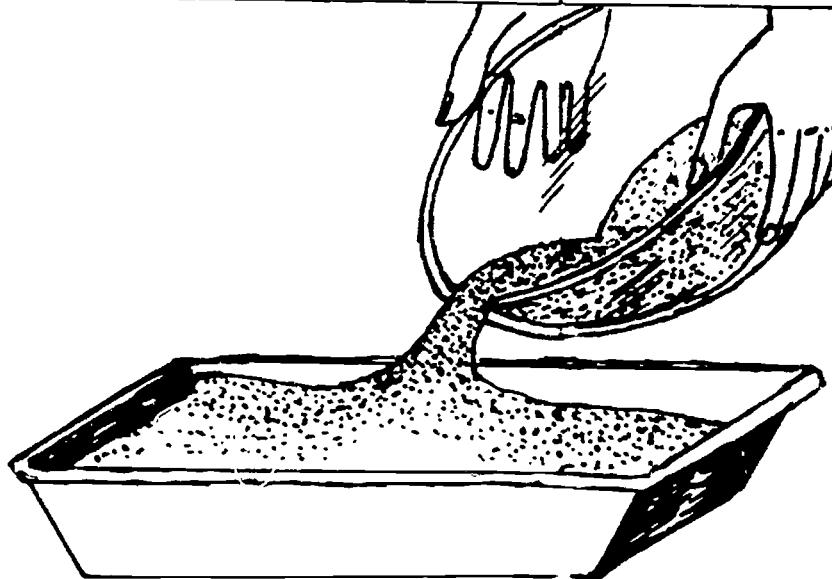
Sigue estos pasos



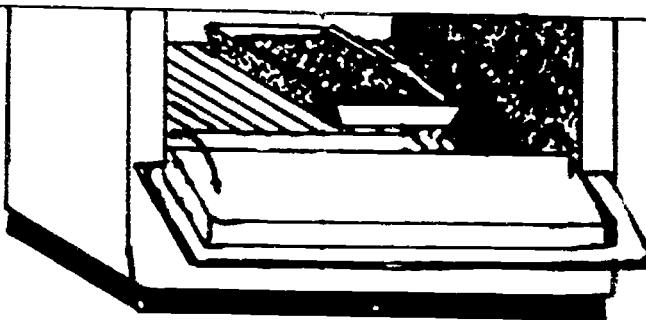
Dos cucharadas de chocolate líquido



Media taza de aceite



Vierte en el molde engrasado

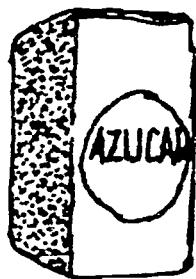


350
GRADOS

Coloca en el horno por 350 grados

BIZCOCHO ENROLLADO

Necesitas:



Azúcar



Sal



Harina Preparada



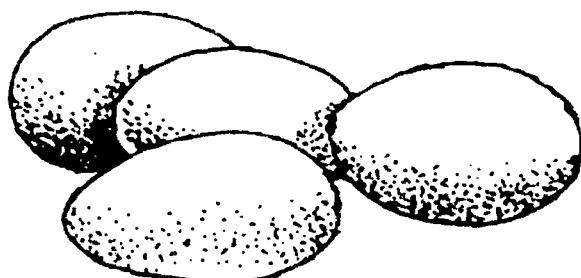
Jalea



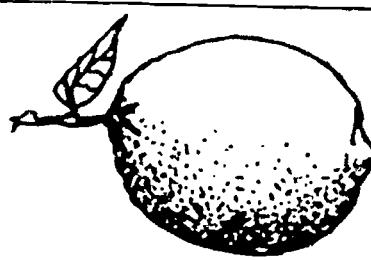
Agua



Espátula



Huevos



Limón

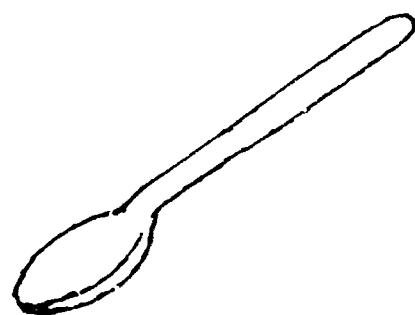
Sigue estos pasos



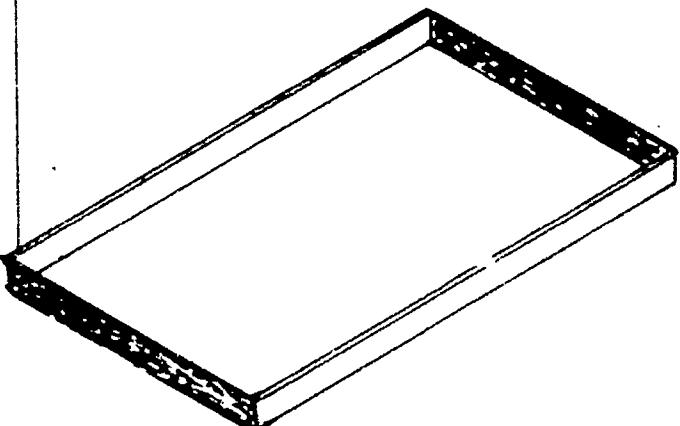
Envase pequeño



Envase grande



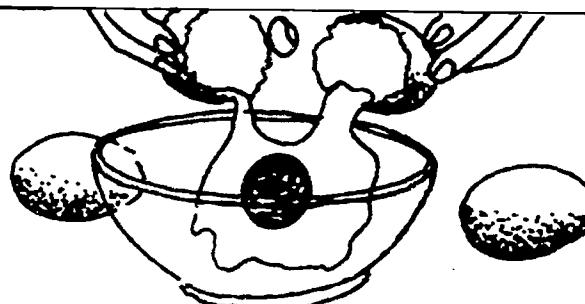
Cuchara



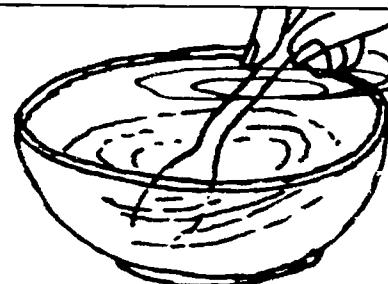
Molde para bizcocho enrollado

(Bizcocho Enrollado continuación)

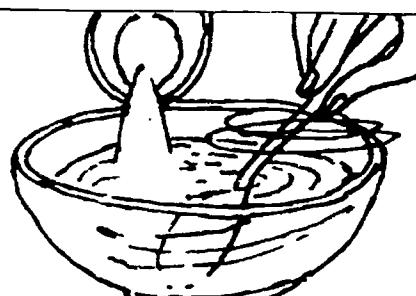
Sigue estos pasos



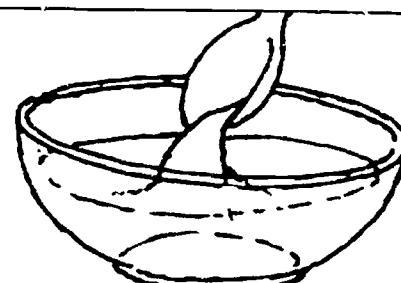
En un envase echa los 4 huevos



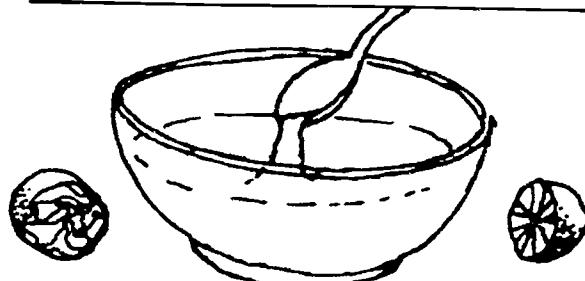
Bate los huevos



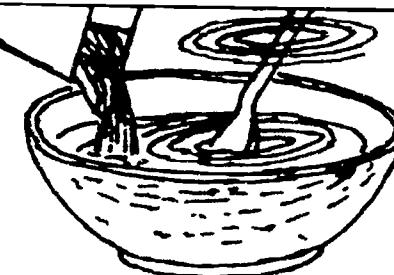
Añade 1 taza de azúcar poco a poco



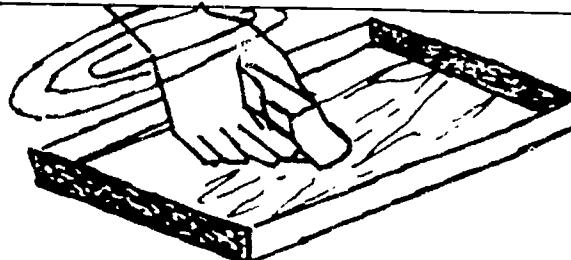
Añade 3 cucharadas de agua.



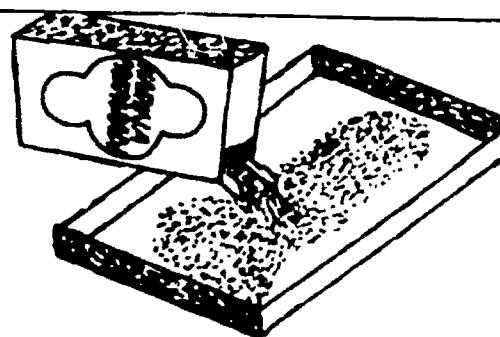
Añade una cucharada de limón



Añade una taza de harina y mezcle hacia una sola dirección



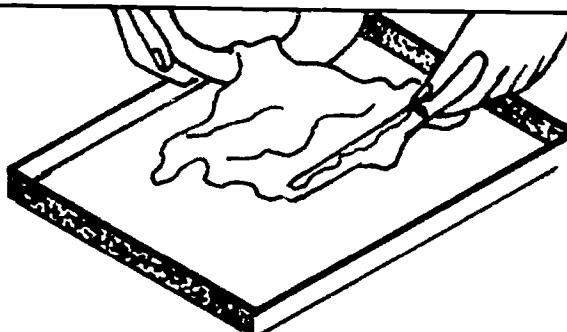
Engrasa el molde



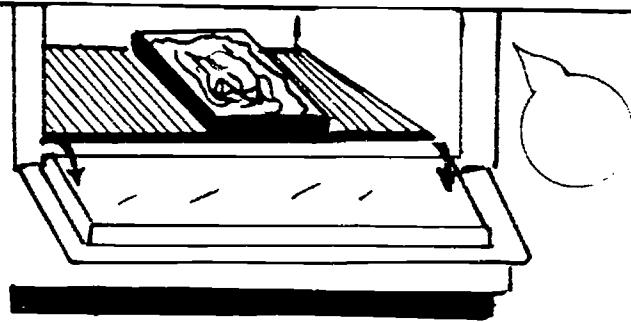
Riega la harina en el molde

(Bizcocho Enrollado continuación)

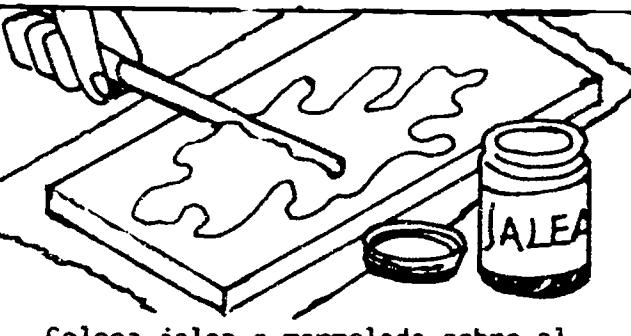
Sigue estos pasos



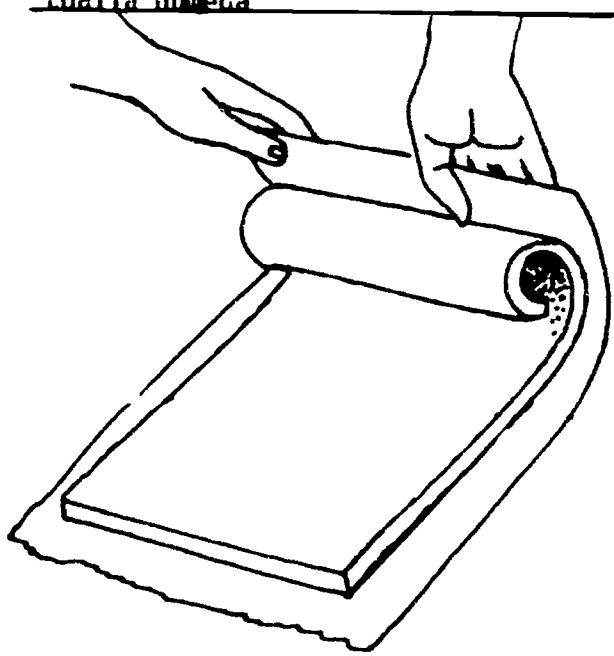
Vierte la mezcla en el molde y extiende con espátula



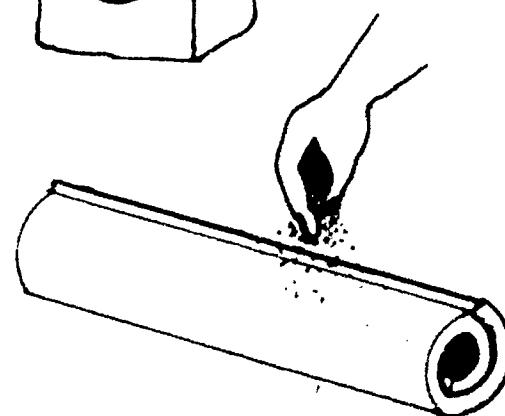
Vierte sobre una superficie un papel o toalla húmeda



Coloca jalea o mermelada sobre el bizcocho



Enrolla usando el papel o toalla



BIZCOCHO SENCILLO

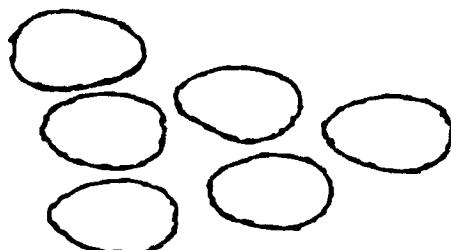
Necesitas:



Harina de trigo preparada



Leche



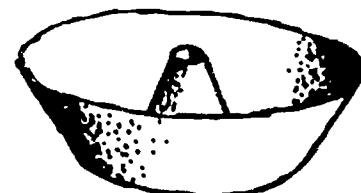
6 huevos



4 barras de mantequilla



Azúcar



Molde de bizcocho



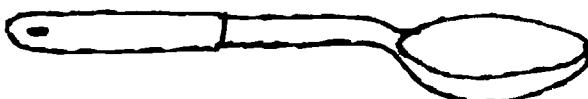
Vainilla



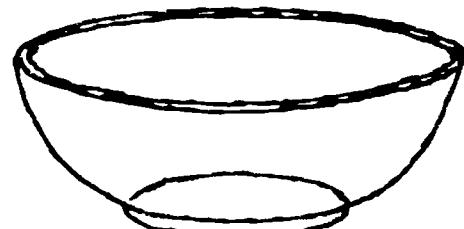
cuchara de medir

Separador de huevos

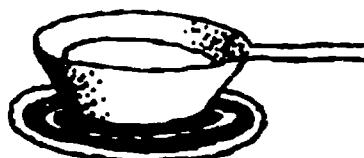
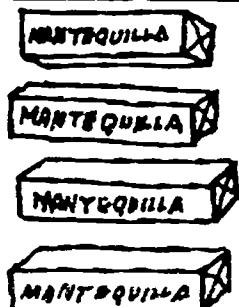
Sigue estos pasos



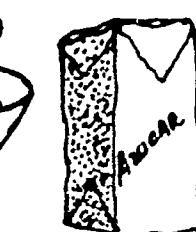
cuchara



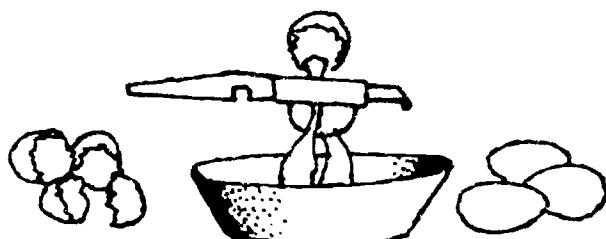
envase



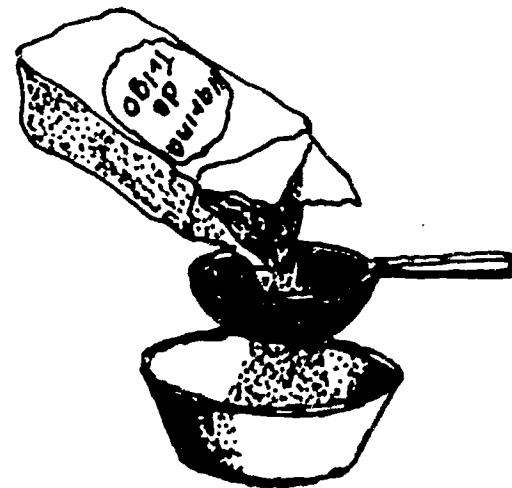
Ablaña 4 barras de mantequilla



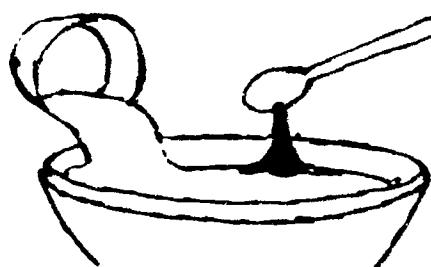
Añade una y media ($1\frac{1}{2}$) taza de azúcar



Separa las yemas de las claras

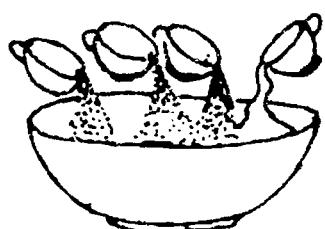


Cierna la harina

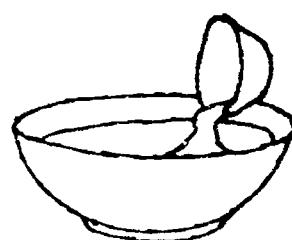


Añade las yemas a la mezcla y una cucharadita de vainilla

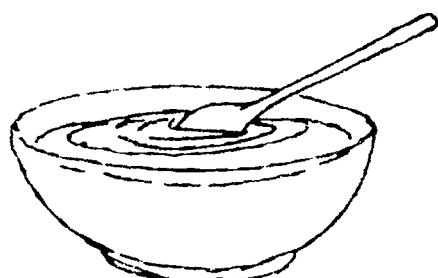
(Bizcocho sencillo continuación)



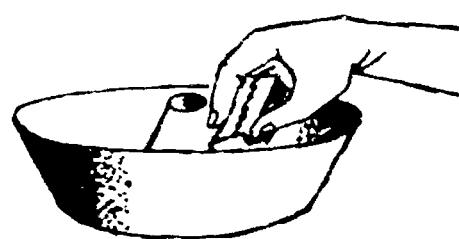
Añade a la mezcla $2\frac{1}{2}$ taza de harina
y media taza de leche poco a poco.



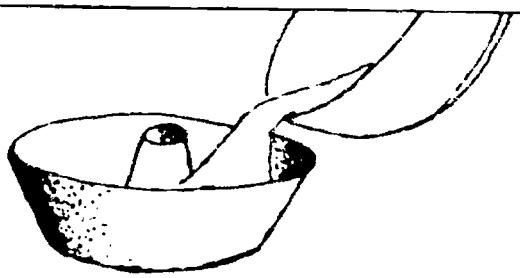
Baja las claras y añádala a la
mezcla



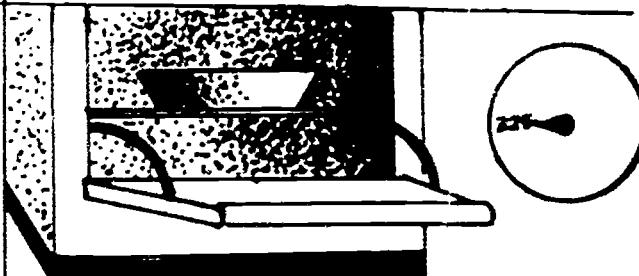
Mezcla



Prepara un molde engrasado con
mantequilla



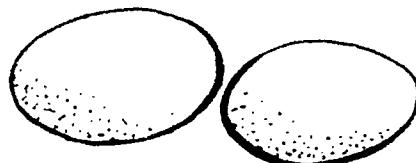
Vierte en el molde



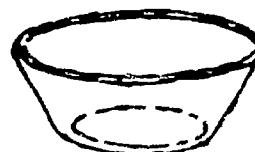
Hornear a 325 grados por una hora

CALLETAS DULCES

Necesitas:



2 huevos



Envase pequeño



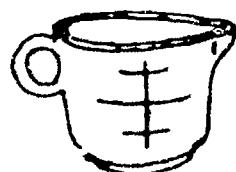
Harina preparada



Cuchara de medir



Envase grande



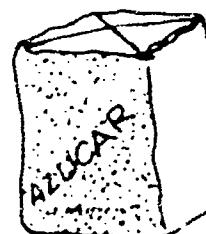
Taza de medir



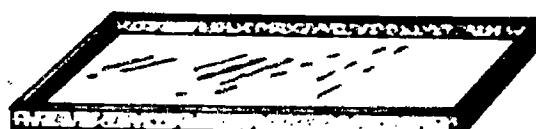
Aceite



Vainilla



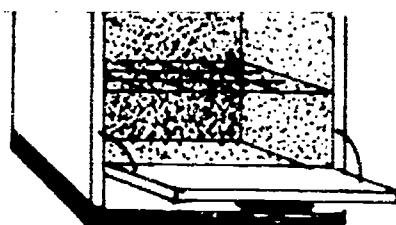
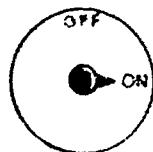
Azúcar



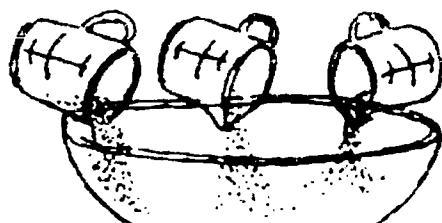
Molde para galletas

Galletas Dulces (continuación)

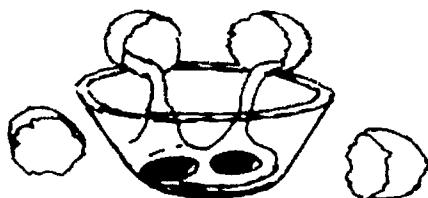
Sigue estos pasos



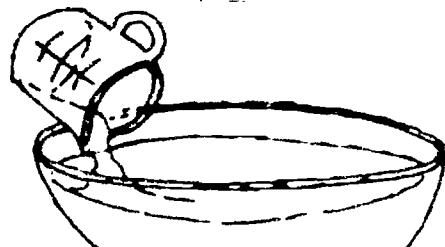
Enciende el horno



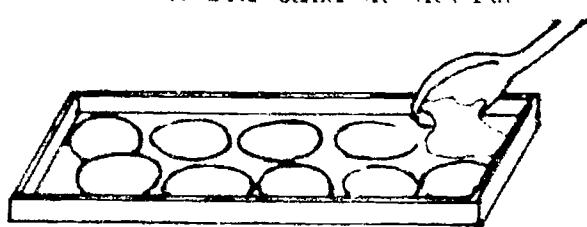
Dos y media taza de harina
preparada



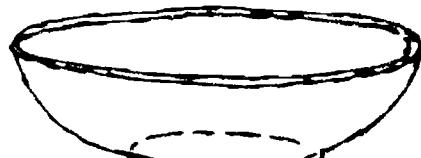
Vierte dos huevos en un envase



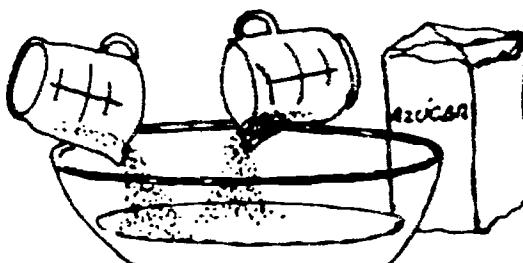
Media taza de aceite



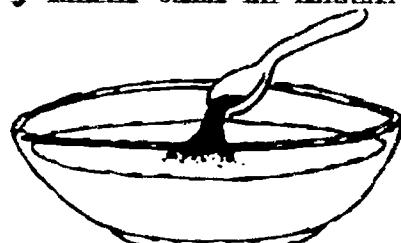
Coloca por cucharadas en un
molde de galletas



En un envase mezcla



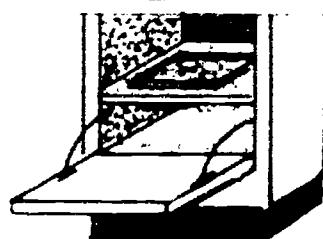
Una y media taza de azúcar



Una cucharadita de vainilla



Mezcla



Bornea por ocho minutos a 350 grados

Gelatina de Fresa

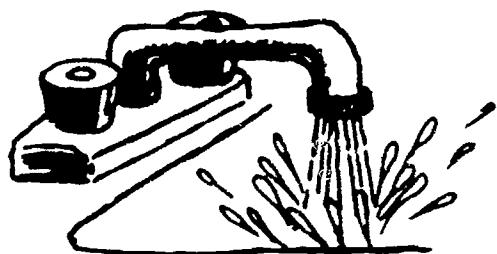
Necesitas:



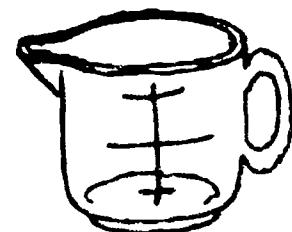
Gelatina de fresa



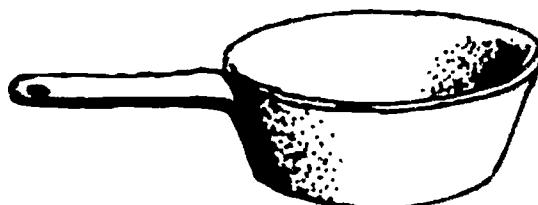
Azúcar



Agua



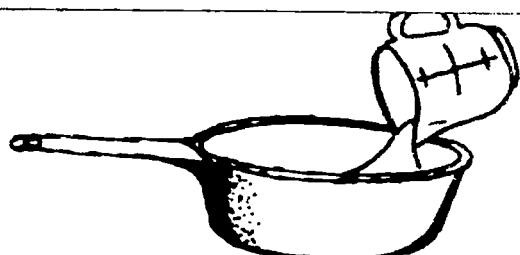
Taza de medir



Cacerola

(Gelatina de Fresa continuación)

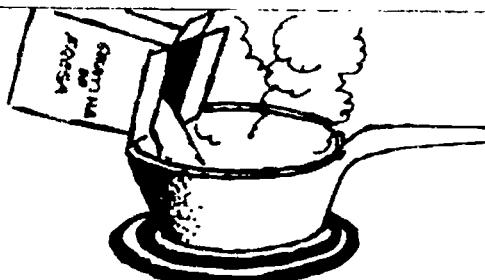
Sigue estos pasos



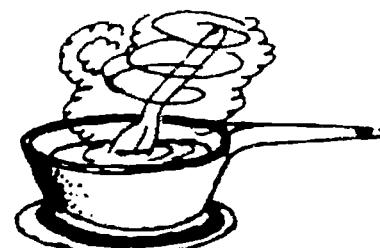
Vierte el agua



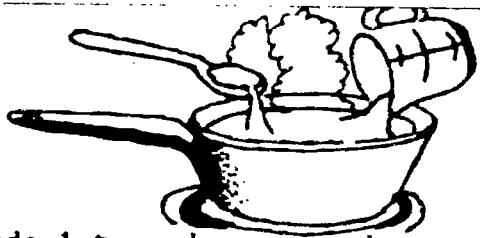
Calienta el agua



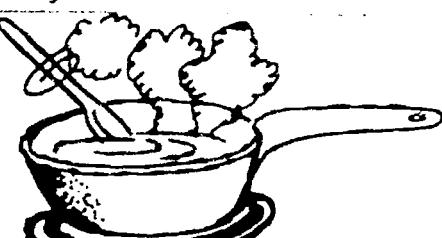
Vierte la gelatina



Mueve y mezcla



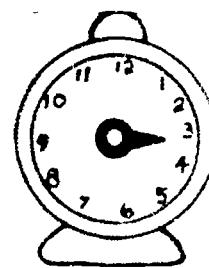
Añada 1 taza de agua y dos cucharadas de azúcar



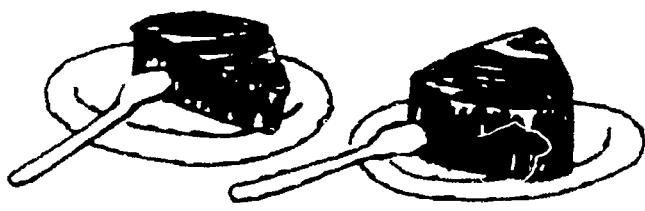
Mueve y mezcla



Vierte en un envase



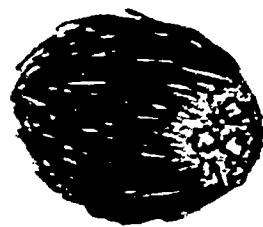
Coloca en la nevera por 3 horas



Sirve

TEMBLEQUE

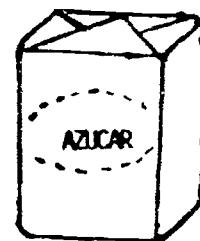
Necesitas:



Dos cocos medianos



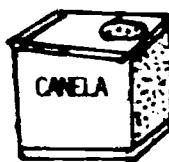
agua



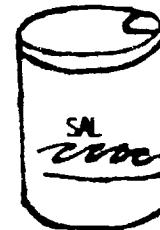
azúcar



maizena



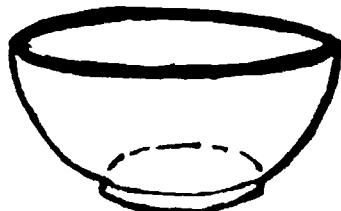
canela



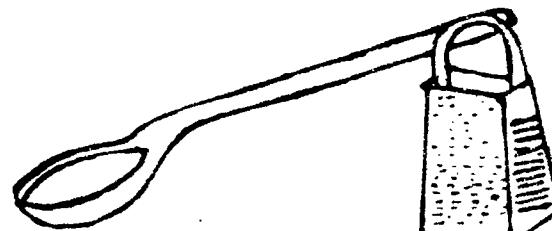
sal



vainilla



Escudilla o envase grande y mediano



cuchara

guallo



platos pequeños



taza medir

colador

(Tambaleque continuación)

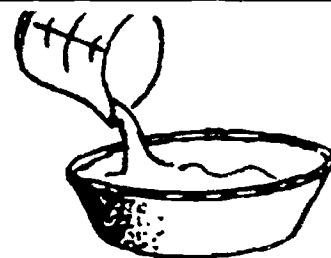
Sigue estos pasos



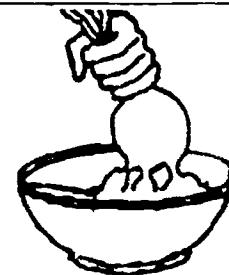
Separa la pulpa del coco



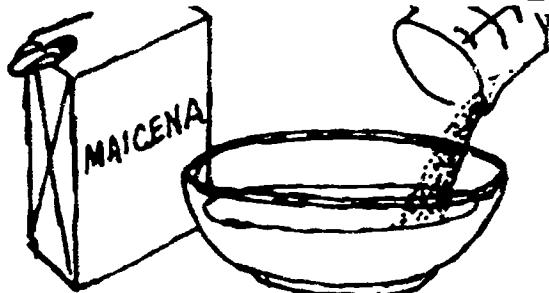
Gualla la pulpa



Echa agua poco a poco



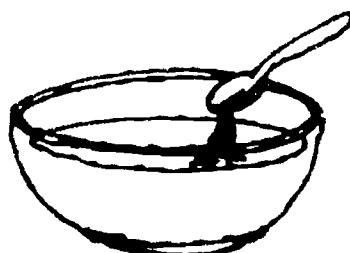
Exprime hasta obtener 4 tazas de leche de coco



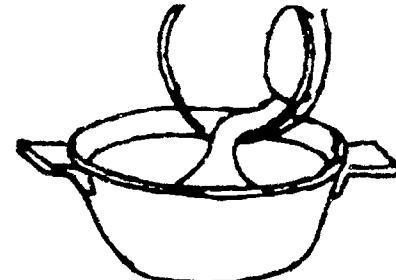
Echa media taza de maicena y mezcla



Echa una taza de azúcar



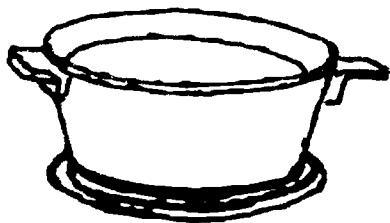
Echa una cucharada de vainilla



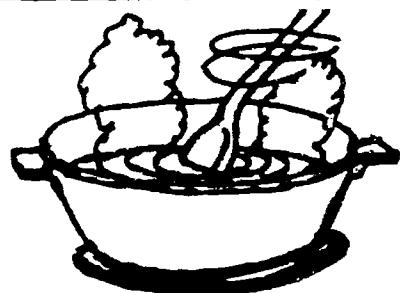
Vierte en una olla

(También continúa)

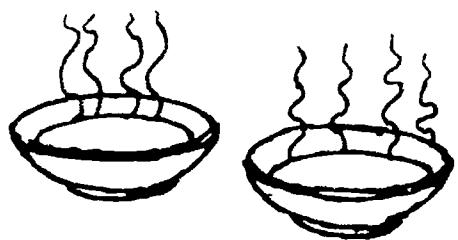
Sigue estos pasos



Coloca en la estufa a temperatura moderada



Mueve constantemente hasta cuajar



Sirve en platos pequeños



Deje enfriar

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